

Massage & Fitness Professionals of the Treasure Coast

Fitness Professional to Address REALTORS®, and Support Military Moms!

STUART, FL. – On Thursday, May 6, 2010, at 11:30 a.m., **Debbie Roberts** of Massage & Fitness Professionals of the Treasure Coast will present, “*How to be your own Personal Trainer, Adding Value to Your Life!*” to the Martin County Women’s Council of REALTORS®, at Piper’s Landing, 6160 Thistle Terrace in Palm City. The REALTORS® will have an opportunity to be presented with the many benefits of becoming your own motivator, counselor, teacher, and best friend to yourself.

Roberts will explain the difference between fitness/wellness, and will dispel many common myths concerning fitness.

Roberts will also demonstrate some components of a Fitness + Wellness Program, highlighting how to use a heart rate monitor for cardiovascular conditioning, emphasizing the importance of flexibility, stability, and mobility. With over 25 years experience, and a very personable nature, Massage & Fitness Professionals of the Treasure Coast are confident that the Martin County Women’s Council of REALTORS® will appreciate **Robert’s** candor and approachability; and find the topic timely especially during these tumultuous economic times with the housing market. To find out more about the three different departments of Massage & Fitness Professionals of the Treasure Coast (massage, fitness, and aesthetics), why equipment can make people weak; and why exercise should be based on functional training not muscle isolation, please call the office for a personal appointment or to schedule a speaking engagement for your group.

Massage & Fitness Professionals of the Treasure Coast is also supporting the Fisher House™ Foundation, Inc. for military mothers and families. For the month of May, any monetary donation to Fisher House™ Foundation, Inc., will warrant a 20% discount off the regular price of either ½ or 1-hour massage, from May 15th – 31st. To find out more about the services offered by Massage & Fitness Professionals of the Treasure Coast, please see: www.message-fitnessspa.com/about.html or visit: 2215 S. Kanner Highway Stuart, FL 34994, or call: 772-288-0073, or e-mail:

massageandfitnes@bellsouth.net. For more information about the Fisher House™ Foundation, Inc. for

military mothers and families, please visit: www.fisherhouse.org. Fisher House™ Foundation, Inc. 111 Rockville Pike, Suite 420 Rockville, MD 20850-5168. Charity Navigator, one of America's largest independent evaluator of charities, has awarded Fisher House™ Foundation, Inc., a "4-star" rating, its highest possible rating. Fisher House™ Foundation, Inc., is a not-for-profit organization under section 501(c)(3) of the IRS code. Donations are tax deductible to the maximum extent allowed by law [Source: American Institute of Philanthropy]. To find out more about the Martin County Women's Council of REALTORS®, please see: www.wcsmartin.com/contactus.html.