

Fitness Professional to Address Keenagers!

STUART, FL. – On Tuesday, November 10, 2009,

Debbie Roberts of Massage & Fitness

Professionals of the Treasure Coast will present a talk on, "Falls Prevention" to the Keenagers group at First Baptist Jensen Beach Church at 11:30a.

Roberts will present information about how to maintain posture and balance. Moreover, **Roberts** will talking about guest's fitness age being different

than chronological age. An example that **Roberts's** prefers to present is Jack LaLane at 88, had a fitness age of 29. Additionally, **Roberts** will demonstrate the muscle testing, cardiovascular testing and a form of a metabolic testing that determines fitness age. **Robert's** talk for the Keenagers, "Standing Tall in Christ" also offers the guests at-home exercises that can be done in a chair, and more.

To find out more, please see: <http://www.fbjb.com/ministries/senior.php> or contact: First Baptist Jensen Beach, 1400 NE Jensen Beach Blvd Jensen Beach, FL 34957 (772) 334-2202, info@fbjb.com.



Debbie Roberts, L.M.T.
Certified Personal Trainer, and
Post Rehab Specialist

With over 25 years experience, and a very personable nature, we are certain that the Keenagers will appreciate **Robert's** candor and approachability. 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.

Massage & Fitness Professionals of the Treasure Coast is also supporting the Pink Tie Friends for Breast Cancer Awareness month (October), and Massage Awareness week (October 25-31st), for the month of October, any monetary donation to Pink Tie Friends will warrant a 20% discount off the regular price of

either ½ or 1 hour massage, from Oct. 25th-31st.

To find out more about the services offered by Massage & Fitness Professionals of the Treasure Coast, please see: <http://www.massage-fitnessspa.com/about.html> or visit: 2215 S. Kanner Highway Stuart, FL 34994, or call: 772-288-0073, or e-mail: massageandfitnes@bellsouth.net