

Massage & Fitness Professionals of the Treasure Coast

Fitness Professional to Address Neuropathy Group!

STUART, FL.--On Thursday, March 11, 2010, **Debbie Roberts** of Massage & Fitness Professionals of the Treasure Coast will present her seminar on, "Falls Prevention" to the Peripheral Neuropathy Group at **Unity Church of Martin County**, 211 SE Central Parkway, Stuart, FL. **Roberts** will present information about how to maintain posture and balance. Moreover, **Roberts** will talk about guest's fitness age being different from 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 also offers the guests at-home exercises that can be done in a chair, and more. To find out more, please contact **Pat Roberts** at 772.286.3878, or see: <http://www.unitymc.org/index.html>

With over 25 years experience, and a very personable nature, we are certain that the group 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.