



Blind Houston Personal Trainer Offers New Training Slots

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Ron Russell of The Body Master Fitness Studio in Houston, TX is not your ordinary personal trainer. Years ago, Ron developed a disease that took his sight. Today, he is completely blind, yet he goes out of his way to help others by teaching personal fitness at his studio. Ron, who typically maintains a full training calendar, has recently made a few training slots available on his calendar. These openings are expected to fill quickly.

Overcoming the personal issues that come along with blindness can be frustrating at best. Learning to function in a darkened world would leave many people completely debilitated, but not Ron. When the going got tough, Ron got tougher. Today, he teaches personal training, helping people to live healthier, happier lives. What should have broken him simply made him strive to reach new goals. When it comes to finding a personal trainer Houston offers many. None of them however, have the history that Ron has, and his clients appreciate his drive.

"Ron is wonderful. He takes the time to make sure that I am completely comfortable with my routine and he's always there to motivate me", says one training student.

"Ron, by all rights, should have been one of those people who stay at home and just give up. This man has more heart, more fight than most of the people in the MMA", says another.

"Anyone around here can find a fitness trainer Houston has several, but Ron is different. He really cares about what he teaches, and he has the best attitude of any trainer I've ever met."

With fitness at an all-time high, many people are looking for that one trainer who can help them to really stay motivated. Ron has surpassed his hurdles. He has worked through his own demons and now spends his life helping others to fight theirs. Whether weight loss, muscle tone, or general fitness, Ron's clients find exactly what they need in a compassionate and caring training who knows what it's like to be dealt a hard hand.

After losing his sight, Ron decided that it was time to do something. His something is now helping hundreds of clients in the Houston area to get physically fit, overcome obesity, look and feel better, and generally live their lives to the fullest. That is after all, what this personal trainer is doing. He is taking it all in stride, giving back like no one else, and making sure that the people around him are as happy with their lives as he is with his.

"You would never know that this man has ever dealt with heartache. He is genuinely a good person, someone you want helping you to reach your fitness goals, because he knows how it feels to really have to work to get where you want to be."

Ron helps clients of all ages, all backgrounds, and all fitness levels. His clients will tell you that he is the best around for teaching fitness and helping you to stay motivated enough to reach your goals. He has, after all, had to climb that mountain himself, and he did it without being able to see the peak.

For more information about Ron Russell and The Body Master Fitness Studio, visit <http://www.thebodymaster.com>.

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The Body Master Fitness Studio

Houston Personal Trainer, Ron Russell has been serving the community for nearly 20 years. He is recognized as one of the best health and fitness trainers in all of Texas, and specializes in helping with weight loss, injury rehabilitation and baby boomers.

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