



Fitness Finally Announces Trainer Certification and Classes

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Fitness Finally of Georgetown, Kentucky is proud to announce Keith Duncan has completed his coursework for renewal of his personal trainer certification. Keith has been certified as a personal trainer through the Aerobics and Fitness Association of America (AFAA) since 1993. To keep a personal trainer certification valid, the person must earn at least 15 hours of approved continuing education every two years and have a valid CPR card.

"I'm more excited to be a personal trainer today than when I first started 23 years ago," Keith said. "More people than ever need help getting back in control of their body. Obesity is rampant and getting worse. Low quality food and being inactive is destroying our health and energy levels. Senior fitness classes are a great example of a growing need. They offer baby boomers the chance to have an active, energetic retirement they can enjoy and not be limited by an old, frail broken down body."

Consider checking out Fitness Finally if you're looking for fitness classes, boot camp or a personal trainer in Georgetown Ky. Keith has been our lead trainer for 12 years and has recently developed our new Senior Fitness, Weight Loss After 40 and Metabolic Shock classes.

WebMD.com quotes Fred Klinge, chairman of the Health Board at the American College of Sports Medicine, who says "It's not just about weight lifting and cardio work anymore. It's more about assistance in developing a healthy and fit lifestyle."

University of Tulsa professor of exercise and sports science, Patrick Hegerman says having a personal trainer offers the client a lot of practical advantages. " It saves time and it reduces injuries." "You have someone who can help you figure out what exercises you need to do and how the equipment works rather than wasting time figuring it out on your own."

Fitness Finally in Georgetown Ky. is a personal training studio offering private and semi-private personal training plus group fitness and weight loss classes. To learn more, please visit FitnessFinally.com.

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