

## Online Personal Training provides alternative to weight loss in 2005

Louisville, KY, July 28th, 2005 - Personal trainers are finding new ways to reach out and help even more people, using the power of the internet. In a down economy, personal trainers from all over the US are realizing that they can help more people at a reduced rate. Most online personal training programs are estimated from \$9-200 a month and can range from nutrition programs, walking, and exercise routines. Our program offers an all inclusive, exercise analysis, nutritional meal plans designed by registered dietitians, exercise displays, e\*mail support and more. The normal costs of these programs individually can cost over \$1000 a month. The internet offers anyone looking to get in better shape the ability to receive instruction from a qualified fitness professional in the privacy of their home or office and even while traveling.

Currently the online personal training industry has grown to a \$25 million a month revenue stream for trainers abroad. It has been reported that about 40% of the people would like to join a health club, but do not have access to one due to demographics, income and long distances from a gym or fitness facility. This represents a substantial number of people without access to proper health and fitness guidance.

"The number of Certified Fitness Trainers working with clients online has shown an increase of more than 400% in 2004 compared to 2003. Statistics have shown that the number of clients that will seek online training should more than double again in 2005," reports Dr. Sal Arria, CEO and Founder of the International Sports Sciences Association (ISSA), a southern-California based organization that certifies and provides continuing education to Personal Fitness Trainers.

"In a competitive market online fitness training is really a win-win situation because it provides anyone with a convenient yet effective way to seek out a fitness expert to answer their all their fitness or training questions." says ISSA certified trainer Karnack.

"Working with clients online helps us keep our clients on track with their fitness programs the other 23 hrs of the day, with updates, and important fitness questions that they may be a little shy when speaking in person" says fitness expert, Karnack. "We have trained clients around the world, from Switzerland to Florida and even in our own back yard"

The wall street journal has just announced the effectiveness of online personal training over traditional methods. Best of all it is priced to suit any budget. Get the results you deserve, and all the support form expert personal trainer, Ken Karnack

### About the Author

If you are a certified fitness trainer and are interested in getting more information about online fitness training, visit our website at: [www.ptofl.org](http://www.ptofl.org)  
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