

>> GOING FOR GREATNESS IN KC



SEMINAR WILL BE MAY 15, 2010, FROM 8-5. REGISTRATION IS JUST \$129 BEFORE APRIL 30, OR \$149 AFTER THAT.

Personal training professionals are passionate individuals, dedicated to supporting their clients pursuing goals of improved health and fitness. They play the roles of both coach and cheerleader. A good trainer educates and encourages, providing practical tools and appropriate schedules. A great trainer supercharges their clients' progress, empowering them to mentally and physically meet the challenges they face – head on.

So who supports the trainer? What inspires those who have made providing inspiration to others the core of their career? Jill Stoppel, founder and owner of Excel Wellness Studio in Overland Park, recognized the need for local fitness professionals to have affordable and convenient access to quality support and education. While building her business, Jill committed to invigorate area trainers by hosting continuing education seminars.

Excel Wellness Studio brings some of the most respected educators in the personal training industry right here to Overland Park. Attending trainers can earn credit hours towards maintaining their certifications while learning from, and being inspired by, the true masters of the business.

This spring, Excel Wellness Studio is excited to host Todd Durkin. Todd has trained dozens of high profile athletes, including LaDainian Tomlinson, Drew Brees, Donnie Edwards, Quentin Jammer, Mark Prior and many others, at his health and Human Performance center, Fitness Quest 10 in San Diego, CA. He is the 2004 IDEA Personal Trainer of the Year and 2005 ACE Personal Trainer of the Year.

Todd hasn't limited his training to athletes. He expanded his business to offer motivational speaking and seminars, he has authored fitness and training videos, and he provides education for personal trainers throughout the world. His seminars, covering all aspects of healthy living, are hosted by many well-known companies.

Just as Todd trained Drew Brees during his climb to Superbowl greatness, he will be training and motivating Kansas City area trainers this spring, as they strive to become the best fitness professionals they can be. In his workshop, "Going for Greatness", Todd will offer a curriculum accredited by ACE and NSCA.

In his seminar, he will share some of his best tips as he offers trainers valuable information and strategies they need to build a "world-class" training program. They'll learn to tailor their programs to the needs across different age groups. They'll leave the seminar equipped to become a great trainer, build a great business, and attract and satisfy clientele, even on a limited budget.

Trainers who want to wow their clients and watch their businesses soar won't want to miss this valuable opportunity. To register, or to find out more about other continuing education programs offered by Excel Wellness Studio.

VISIT WWW.EXCELWELLNESSSTUDIO.COM OR CALL 913-491-1535.

CHECK OUT THE COUPON ON PG 111



APRIL 27



It's Complicated
[Universal Studios]

MAY 4



Doctor Zhivago
(Blu-ray)
[Warner Home Video]

MAY 11



Daria: The Complete Animated Series
[MTV / Paramount]

MAY 25



True Blood: Season 2
[HBO Home Video]



Spartacus
(Blu-ray)
[Universal Studios]

APRIL / MAY