



**LEC FITNESS, LLC**  
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## Who We Are

*LEC Fitness, LLC is a full-service fitness and wellness company serving corporations, residential communities, and individuals. We provide a variety of wellness services tailored to the specific needs of our clients.*

*LaRue E. Cook is the Owner and Chief Executive Officer of our company. LaRue is a 14 year veteran of the health and fitness industry. In 2004, LaRue received the distinct honor of being selected as one of only two Certified Personal Trainers in the country to the National Board of Fitness Examiners, Board of Examiners. He has written a number of articles on the subjects of health, fitness, for publication in national, regional and local media.*

*LaRue is also an attorney with several years of legal practice. He has served as counsel to a national health insurance and health maintenance organization, and the Federal Government's health programs. This combined experience gives him a unique perspective on wellness issues, risk management matters, and corporate management and programs.*

## Corporations

For our corporate clients we provide a full-service Employee Wellness Program, or ala-carte wellness services that match any employer's budget. We have worked with employees from organizations such as the US Postal Service, and Arlington County. A partial list of our corporate wellness services include:

- Online Fitness and Training - Our low-cost employee wellness option
- On-Site Fitness Center Management, and Staffing
- Small Group Exercise Classes\*
- One-on-One Personal Training Services\*
- "Quick-In, Quick-Out" 30-Minute Training Sessions\*
- Corporate Wellness Newsletters, and articles
- Fitness Center Design and Set-up

\* Using your own fitness center, if one is on-site, or other available company space (using our portable equipment)