

LaRue E. Cook

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Certified Personal Trainer

LaRue is a certified personal trainer, wellness professional, and nationally recognized sports conditioning and general fitness expert with over 15 years training experience and 20+ years in competitive sports. In 2005, LaRue was selected to the first National Board of Fitness Examiners, Board of Examiners; one of only two personal trainers in the United States selected.

Health and Fitness Writer

LaRue has been writing for nine years and his health and fitness articles can be found in national, regional, local, and online publications. He serves as a Sports Science Writer for *Tennis Life Magazine*, and Sports Conditioning Writer for *Women's Basketball*. LaRue also is an educator, and serves as the Author of continuing education courses for the International Sports Sciences Association, and Contributing Writer for *PTontheNet*, a leading education resource for personal trainers nationwide. He has written an eBook for improving the strength and power for racquet athletes, and is working on another for obesity and exercise.

Fitness Programs and Consulting

LaRue has developed a myriad of sports and general conditioning programs for Children and Adults. LaRue has worked with clients from all walks of life including physicians, lawyers, business owners, front-line employees, the elderly and children. All of his programs

are based on current research in the field, coupled with his unique programming skills. LaRue has conducted specialty workshops and clinics on important fitness topics such as: Exercise for the Overweight, Speed, Agility, and Quickness (SAQ), Girls' ACL Injury Prevention, and Functional Strength for General Health. His *Tennis Fitness Program* has been used to train several junior tennis players ranked nationally by the *United States Tennis Association (USTA)*, and adults. LaRue is a competitive tennis player, who is listed as a Top Ten ranked NTRP player by the USTA 2004 - 2008.

Career Highlights

- Board Member, National Board of Fitness Examiners
- Certified Personal Trainer, AFAA
- Youth Conditioning Specialist, International Youth Conditioning Association
- Level 1 Coach, USA Track & Field
- Developmental Coach, United States Professional Tennis Association
- Sports Science Writer, *Tennis Life* and *Women's Basketball* Magazines
- Elite Trainer, IDEA Health & Fitness
- Author, Continuing Education Courses, International Sports Sciences Association

Client Testimonials

"I have had 17 years of experience as an occupational medicine physician for the U.S. Air Force, the U.S. Postal Service, and over 200 private sector corporations. During this time I have evaluated a variety of health and fitness programs...Mr. Cook's program is unique...[H]e has exceptional understanding of the physical conditioning and overall fitness... I highly recommend Mr. Cook for any type of corporate fitness program development, as well as a personal fitness trainer." (Dr. L. S.)

"I have had the opportunity to work with LaRue Cook since February of 2005 and I could not be happier. ... I no longer suffer from the back problems I initially came in for... His encouragement, professionalism, expertise, and humor make him easily the best trainer I have been around." (C. G.)

"His ability to tailor training programs to the unique physical needs and circumstances of the client, and his ability to make each session challenging, yet fun was nothing short of remarkable." (K. H.)

"His positive attitude and boundless enthusiasm make the training sessions fun and interesting . . . My health and fitness have improved markedly since beginning training with LaRue..." (P. H.)

"LaRue is truly a gifted person in the fields of fitness, sports, and health ... [E]ach and every workout is different and new and the sessions are truly a time I look forward to. I have seen dramatic changes not only in my physique but also in my self esteem. He is a people person with a high level of

commitment to his career and professional growth." (S. D.)

"I thoroughly enjoy working with LaRue and I'm inspired by the breadth and depth of his knowledge of TOTAL FITNESS!!!! He is an expert in this field, a genuine individual and a true professional." (B. W.)

Getting Started

It's easy to get started with us. Simply send us an Email, or Call to set-up an appointment or receive information. We offer special half-hour EXPRESS training sessions to busy professionals, as well as one-hour sessions to those wanting a more intense workout. Evening and Weekend appointments also available!

One-on-One Sessions

Partner Sessions

Small Group Sessions

Lunch and Learn Seminars

Wellness Newsletters

Fitness Assessments and Programming

Get Fit For Life!