

LaRue E. Cook

Career Highlights

- **Member of Board of Examiners, National Board of Fitness Examiners**
- **Certified Personal Trainer, AFAA**
- **Youth Conditioning Specialist, International Youth Conditioning Association**
- **Adjunct Professor of Fitness, Youth Conditioning, and Sports Conditioning**
- **Level 1 Coach, USA Track & Field**
- **Developmental Coach, United States Professional Tennis Association**
- **Sports Science Writer, Tennis Life and Women's Basketball Magazines**
- **Expert Contributor (Sports Conditioning) Tennis View Magazine**
- **Elite Trainer, IDEA Health & Fitness**
- **Author, Continuing Education Course on Sports-Specific Conditioning for Female Athletes**
- **BS Degree in Health Sciences with Minor in Physical Education (Dean's List)**
- **Master's Degree Health Care Administration**
- **Juris Doctorate**
- **ACE – ACE Academy University Instructor**
- **Subcommittee Member: Chronic Disease Prevention – Childhood Obesity**

Publications and Appearances

LaRue has authored dozens of fitness, exercise and sports conditioning articles, and has served as expert contributor to a number of national publications including: ESPN.com, Tennis View Magazine, Women's Basketball Magazine, Tennis Life Magazine, and LiveStrong.com. Additionally, LaRue has made radio and in-person appearances to speak on such topics as "What is Sports Conditioning?" and "How to Prepare for the Holidays."

Personal

LaRue's training practice covers both general fitness clients and athletes. He particularly enjoys his work with female athletes of all ages. LaRue has formed a local group of female athletes that now totals over 100 members. You can purchase a copy of his e-Manual on Shoulder and Core Strengthening for Female Throwing, Racquet and Overhead Athletes by contacting him at: lecfitness@yahoo.com.

In his spare time, LaRue enjoys travel, movies, reading, and of course writing.