

LaRue E. Cook

Certified Personal Trainer, Sports Conditioning Specialist and Author

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 for this honor.

Fitness Author and Educator

LaRue has been writing more than twelve years and his health and fitness articles can be found in international, 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 is an adjunct professor of fitness and wellness at local Colleges. He has authored continuing education course work for an international sports sciences organization for sports conditioning professionals, and is a Contributing Author for PTontheNet, a leading education resource for personal trainers nationwide. LaRue has also provided expert commentary to ESPN.com and local radio.

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 sports conditioning workshops and clinics on important topics such as: Speed, Agility, and Quickness (SAQ), Functional Strength Training for Female Throwing and Overhead Striking Athletes, Girls' ACL Injury Prevention, and Sports-Specific Training. 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 has worked with athletes from a variety of sports including basketball, soccer, field hockey, tennis, lacrosse, softball, volleyball and more. LaRue is a competitive tennis player, who is listed as a Top Ten ranked NTRP player by the USTA 2004 - 2009. Additionally, LaRue was an All-City baseball player in Chicago, and was scouted by several professional teams.

Career Highlights

- Board Member, National Board of Fitness Examiners
- Certified Personal Trainer, AFAA
- Youth Conditioning Specialist, International Youth Conditioning Association
- Member: Subcommittee on Childhood Obesity
- 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 on topics related to Sports-Specific Training and Conditioning
- BS Degree in Health Sciences with Minor in Physical Education (Dean's List)
- Master's and Juris Doctorate degrees

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.)

"Sports conditioning is an important element to better performance and injury prevention. You get in shape to play your sport, not play your sport to get in shape!" (LEC)

Get Fit For Life!