

LaRue E. Cook

Web: www.lecfitness.com Email: lecfitness@yahoo.com

Certified Personal Trainer

LaRue is a certified personal trainer 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 also written an eBook for improving the strength and power for racquet athletes, and is working on another for girls' basketball.

Fitness Programs and Consulting

Through his company, LaRue offers a myriad of sports and general conditioning programs for Children and Adults. LaRue has developed sports conditioning programs for athletes from beginners to elite, participating in a number of sports including tennis,

baseball, basketball, hockey, softball, soccer, running, and football. All of his programs are based on current research in the field, coupled with his unique programming skills. LaRue conducts specialty workshops and clinics on important sports conditioning topics such as: Speed, Agility, and Quickness (SAQ), Girls' ACL Injury Prevention, and Functional Strength for Your Sport and 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 - 2007.

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
- Featured "Expert" Writer on Strength Training and Exercise, Advice.com, and All Experts.com

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.)

Get Fit For Life!