

Former ABC Producer Touts Client's 200-Pound Weight Loss

Terri West, fitness expert for InLA Magazine, joins the fight against obesity with compassionate workout programs that help clients achieve longterm wellness goals. Her articles appear monthly.

Feb. 2, 2009 - [PRLog](#) -- Los Angeles, CA - Terri West, nationally-accredited personal fitness trainer, fitness columnist for InLA Magazine, and former ABC Radio Networks producer launches compassion-filled fight against obesity.

The monthly articles feature Terri's fitness knowledge and focus on the need to constantly change your workout, using outdoor plyometrics, strength & conditioning, weight training, resistance training and cardiovascular activity.

Terri's "Biggest Winner," Chesley Beaver, has lost 200 pounds to date and is still losing.

“Terri brings a real-world approach to training that really motivated me, and helped me to better understand how to make consistent changes in how I workout and how I eat. These changes made a huge long-term impact not only in my weight loss, but also in how I feel everyday. Terri gave me the skills I needed to change my life. I recommend her highly.”

Terri was overweight her entire childhood and realizes the lack of compassion that people have for obese persons and is committed to changing the lives of people who struggle with low self esteem. By incorporating more fruits and vegetables into their diets and becoming physically active under her guidance, Terri's clients reduce risk for diabetes, heart disease, high blood pressure and various types of cancer.

For more information and to view pics of Terri's "Biggest Winner," please visit www.terriwest.com or call 323-445-6275.

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Terri West is a dynamic, compassionate nationally-accredited fitness trainer based in Los Angeles, CA. Her focus is clients who want to BE THE CHANGE for their body. For more information, visit www.terriwest.com.

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