

Fitness Expert Joins ABC Radio Networks

Fitness guru Terri West joins KABC Talk Radio and KLOS Classic Rock stations with weekly tools to a healthier life. Her blog appears weekly on station websites.

March 27, 2009 - [PRLog](#) -- Los Angeles, CA - Terri West, nationally-accredited personal fitness trainer, fitness columnist for Frontiers InLA Magazine, and former ABC Radio Networks producer joins local radio stations as a health & wellness blogger.

The weekly "Life 360" blog features Terri's fitness knowledge in the areas of plyometrics, weight training, resistance and core training, nutrition, cardiovascular activity and overall wellness.

Terri's clientele are vast, ranging from the obese to those who simply want to live a happier, healthier life. Chesley Beaver, one of Terri's clients, has lost over 220 pounds 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," says Beaver.

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.

To view blog, visit www.kabc.com and www.955klos.com. For a fitness consultation, please visit www.terriwest.com or call 323-445-6275.

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Terri West is a dynamic, fitness trainer, nationally-accredited by the International Sports Sciences Association and is 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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