



Local Fitness Coach Launches Website Providing Free Fitness Information for Delray Beach Residents

The new site, www.DelrayBeachFitnessExpert.com , provides free reports for people looking to lose weight, golf fitness, sports performance, pre and post natal exercise, pre-wedding and more.

Delray Beach, FL, April 10, 2007 --(PR.com)-- The director of Personal Fitness Coaching for the all World Gym's in Palm Beach County, Rafael Moret, launched a new website providing free fitness information for Delray Beach residents. "With all of the advertising and marketing behind dieting and fitness information there is to day, the need for REAL and true fitness information is overwhelming," says Rafael. "The amount of false advertising and misconceptions is creating a lot of confusion in our community."

The new site, www.DelrayBeachFitnessExpert.com , provides free reports for people looking to lose weight, golf fitness, sports performance, pre and post natal exercise, pre-wedding and more. Everyone's fitness needs are different, so to provide general information for everyone is unrealistic. That is why they offer so many different categories. A golfer's needs are going to be different than those of a mom who just had a baby.

"As fitness professionals we have a responsibility to our community. Personal training is not rep counting and it's not providing workouts," says Moret. "It is delivering fitness results and empowering people by educating them." We live in an age where people want instant gratification. The new website does just that. It gives people the information they are looking for now. The time it take to achieve any fitness results will vary, but if you have the information needed to get started right away, there is no excuse for waiting.

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