

FITNESS PROS OF GEORGIA



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2nd ANNUAL GEORGIA FITNESS PROFESSIONALS DAY

Fitness Pros honored at the Georgia State Capitol

Atlanta, GA, December 12th, 2017—State Rep. Valencia Stovall and Rep. Doreen Carter, honors Georgia Fitness Professionals presenting them with their special day on **March 15, 2018, 10 am** at the Georgia State Capitol with the first ever workout on the grounds of the Capitol beginning at **8 am**.

Next to a Physician, Fitness Professionals Help Save Lives

Fitness Instructors are motivators and unofficial psychologist that bring positivity back into the lives of each student they touch. Many students look forward to the one hour or more they spend with their Fitness Pro because it allows them to be free and to relieve the stresses of the world. No matter what may occur in the lives of a Fitness Pro, they still have a job to fulfill and that is making sure their students best interest is at heart. On March 15th, 2017 during Session, Rep. Valencia Stovall will recognize and honor those that assist with saving lives daily through fitness and health. This inaugural event will highlight the services fitness professionals provide to Georgia and its residents.

Georgia holds the 19th spot nationally with the highest rate of obesity; Diabetes and Hypertension being on an all-time rise. By 2030, 1,119,425 cases of diabetes and 2,285,570 cases of hypertension are projected within this great state alone. Many of these Fitness Pros have helped their students become medication free and lose the weight they need to either control their diabetic state or remove permanently. Next to a physician, a Fitness Pro is a life changer but they rarely get the recognition they deserve for their gift and the energy they pour out daily. This day will be an event to recognize those that give so much of themselves on a daily to assist with the transformation of their students' lives.

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If you would like more information about this topic, please contact Jonathan Hardy at **404-587-0021** or email at **FitProDay@gmail.com**.