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FOR IMMEDIATE RELEASE

Naples Personal Training Adds New Professionals

Naples, FL, September 28, 2018 — Naples Personal Training is pleased to announce the two news additions to its roster of outstanding fitness professionals. Exercise Specialists Graham Smith and Lee Pinkham will be helping our clients identify and reach their fitness goals starting this month.

Lee Pinkham is an ACSM Certified Personal Trainer who is passionate about Corrective Exercising. He focuses on exercises geared to improving muscular imbalances, postural issues, and abnormal movement patterns. Philosophically, Lee believes the concept of healthy living should be integrated into everyone's lifestyle in fun and realistic ways. "I want the people I work with to find so much enjoyment in exercise that they make room for it in their busy daily lives," Pinkham says. "Exercise should never be something you dread doing...it's supposed to be fun!" Pinkham entering his second year of coaching Lely High School's JV Boys Soccer Program and is an avid football fan and a Rock Steady Boxing coach.

Graham Smith earned a bachelor's degree in Exercise and Sport Science from Fitchburg State University, and has been a practicing, certified trainer for 20 years. He is a Certified Strength and Conditioning Specialist (CSCS) through the National Strength and



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Conditioning Association (NSCA). Smith has worked with a huge range of clients, with a vast array of fitness and rehab goals. He specializes in injury prevention, cardiac rehabilitation, posture correction and balance training.

Smith is also a State of Massachusetts approved classroom instructor, and has taught a nationally accredited certified personal training course for 9 years through NASM, the NSCA, The World Instructor Training School, and The American Academy of Personal Training.

“We are thrilled to have Lee and Graham joining our team,” says Naples Personal Training owner Kevin Chiddister. “They are exceptionally well trained and have outstanding reputations in the fitness community.” The new trainers’ expertise will expand the fitness options available to NPT clients.

Both Smith and Pinkham are available for private training sessions through Naples Personal Training. NPT offers both individual and group training sessions at his 2400 square foot facility in central Naples or at client’s home gym locations throughout Collier County. The company also features leading edge golf and tennis form evaluation and performance training.