

Media Release
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For Immediate Release
National Strength and Conditioning Association
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NSCA Personal Trainer of the Year Award Presented to Jeffrey Segal

Colorado Springs, Colo.—(July 17, 2007)—The National Strength and Conditioning Association (NSCA) recently presented Jeffrey Segal, CSCS, NSCA-CPT, with its coveted *Personal Trainer of the Year Award* for 2007.

This honor, presented during the 30th NSCA National Conference, recognizes a practicing personal fitness trainer who demonstrates exceptional leadership, business management, motivational, and instructional skills while inspiring his or her clients to greater personal growth and higher levels of fitness.

At the age of 25, Segal was diagnosed with Multiple Sclerosis (MS). Within two years, he was spending the better part of his days in a wheelchair. Segal unwilling to yield to the disease, instead, launched his own wellness and rehabilitation program. In 2004, Segal founded Balanced Personal Training Inc., based in Boca Raton, to pursue his dream of empowering others in all stages of MS, as well as pre/post rehabilitation, and the physical needs of all people. His unique approach to training is geared toward improving function, range of motion, self-esteem, emotional wellness, and quality of life.

“The NSCA has become a part of my life and has had a positive influence on everyone I have worked with. I am not even half way there yet. If I could help others half as much as the NSCA has helped me, they are in great shape. My diagnosis with Multiple Sclerosis was a blessing in disguise. Now I have the ability to do for others what I only wish someone did for me. The NSCA gave me the knowledge, skills, and abilities to perform my job with the highest standards.” said Segal.

The *NSCA Personal Trainer of the Year Award* is given annually with the winner nominated and voted upon by the NSCA membership. Through this process, three finalists were selected and Segal

MISSION STATEMENT

As the worldwide authority on strength and conditioning, we support and disseminate research-based knowledge and its practical application, to improve athletic performance and fitness.

was announced as the winner during the association's National Conference held earlier this month in Atlanta, Georgia.

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About the NSCA

The National Strength and Conditioning Association is the leading authority on strength and conditioning. For more than 29 years, the NSCA has bridged science and application to provide reliable, research-based, strength and conditioning information to its members and the general public. With 33,000 members worldwide, the NSCA is the largest health and fitness association in the world. For more information on NSCA professional journals, cutting edge conferences, educational text and videos, or other services, visit the web site at www.nasca-lift.org.

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