



Feel Like a Kid Again and Recharge Your Life

PPTS offers Adult Recess Programs to Boost Your Creativity and Productivity

New York, NY: Professional Personal Training Systems (PPTS) is offering new Adult Recess Programs for Summer and Fall 2009. Participants can expect to play outside and feel close to the earth, just like they did when they were kids, except this adult experience will involve a rigorous workout and an increase in productivity.

According to a 2009 study by researchers at the Albert Einstein College of Medicine of Yeshiva University, children who take part in recess behave better in class and are likely to experience an increase in learning. Recently published in the journal Pediatrics, their study concludes that children who receive recess during the school day may improve in terms of overall social development and general health.

George Guerin, founder of Professional Personal Training Systems (PPTS), developed the intensive drills and partner/group activities for his classes while keeping the benefits of recess in mind: recess leads to a reduction in stress, improved fitness levels, and so much more.

Guerin says that participants in his Adult Recess Programs will “experience the same satisfaction kids get when they take a break from school, but the rewards are much bigger in the adult world. Recess is fun and reduces stress. Exercise leads to increased creativity and productivity. Exercising with peers leads to social networking. Creativity, productivity, and networking are great for your personal life as well as for business.”

Guerin has been a personal trainer for more than 10 years and established PPTS in 2002. Dedicated to providing a healthy lifestyle in an urban environment, PPTS is expanding even further this summer by providing Adult Recess Programs in Central Park and in the Hoboken, NJ area. In the past, participants have referred to Guerin’s summer classes as “adult recess” because they combine fun with a strenuous workout and an opportunity to clear the mind and recharge the system.

The Central Park Adult Recess Class is a group workout designed to help participants run farther and faster without injury. The workout is conducted in an outdoor environment, utilizing the most

progressive, innovative and creative exercises in fitness. The program includes classes which will engage athletes of all ability levels in box drills, strength training drills, and partner resistance, using minibands, medicine balls, plyometrics, and ropes. PPTS offers both beginner and intermediate/advanced classes.

In the Hoboken area, participants at all ability levels will enjoy a similar workout designed to get them back into shape or maintain great shape. This Adult Recess group class will add the extra motivation and drive that participants need to become healthier individuals.

The mission of PPTS does not stop with its Adult Recess Programs. To encourage workouts on off-days, all participants receive personalized exercise instructions for an at home workout program. PPTS will send the workout via email -- including videos and pictures of how to perform each exercise. The emailed fitness program is complimentary. For light equipment (rubber tubing, med ball, mini bands, stability ball, etc.), there is a charge. This light equipment rivals any commercial equipment – but for less than \$200.

Participants in the Adult Recess Programs can expect a vigorous work out with the “adult recess” feel of playing outside and feeling close to the earth, de-stressing with exercise, disengaging from everyday life, and recharging creativity and productivity. The mission of PPTS is to help connect participants to the child within while improving the quality of adult life. For additional information on the PPTS Adult Recess Programs, visit pptswellness.com.

About Professional Personal Training Systems:

George Guerin, President and founder of PPTS, obtained his degree in Exercise Physiology from West Virginia University School of Medicine and studied with some of the world’s top fitness trainers. An educator of other trainers and author of fitness articles and user manuals for exercise equipment, Guerin is a regular contributor to the NYC-based website www.womanaroundtown.com. He has been recognized as a Global Top Trainer by Gran Crea magazine and pioneered/coaches a soccer program for high school students in Weehawken, NJ, which helps kids find an alternative to the streets. Guerin established his dedicated client-base by training royalty, celebrities, socialites and corporate titans from around the world.