

GOTTLIEB NAMED ONE OF CONN.'S FIRST PERSONAL TRAINERS CERTIFIED TO COACH CANCER PATIENTS

Gottlieb Advocates “Inviting Health In” Through Exercise, as Positive Reaction Cancer Treatment and Recovery



MILFORD, Conn.—November 17, 2008— Linda T. Gottlieb, one of southern Connecticut’s leading personal fitness trainers, has a positive message for the 20,000 state residents that statistics say will be diagnosed with cancer in 2008: “Don’t let the diagnosis define you; invite health in and become your personal best.” The American College of Sports Medicine (ACSM) has named Gottlieb, owner of FIT Training (<http://www.fittraining.net>) in Milford, Conn., one of the state’s first fitness professionals approved to work with cancer patients through a new certification launched this spring.

ACSM collaborated with the American Cancer Society to establish the “Cancer Exercise Trainer” certification and give cancer patients and survivors one more resource in their effort to heal. Only experienced health and fitness professionals, like Gottlieb are eligible.

Gottlieb completed an extensive course of study and passed a rigorous 3-hour exam to earn the ACSM certification. In addition, Gottlieb holds a BS in Psychology and an MA in Training and Development, national certifications from the American Council on Exercise (ACE) and Cooper Institute, along with more than 500 hours of experience training older adults and those with chronic medical conditions.

People who’ve been recently diagnosed with cancer, before, during and after treatment, should consider an exercise program, says Gottlieb, once they have clearance from their physician. Gottlieb has knowledge of the disease, surgeries and medical treatments such as chemotherapy and radiation and their impacts. Combined with her expertise in exercise, she can develop and tune a customized regimen and evaluate how individuals respond, all in concert with other practitioners in a patient’s circle of care.

A team of seven doctors and Ph.D. professors developed the new ACSM certification, including Melinda Irwin, an expert on cancer and exercise and an associate professor in the Department of Epidemiology and Public Health at the Yale School of Medicine in New Haven, Conn.

“We’re looking at exercise as part of a cancer treatment plan, as the medical community did 20 years ago when we first started prescribing exercise for heart disease patients,” said Irwin. “It’s valuable to have professionals like Linda who are enthusiastic and have the training, qualifications and skills to work with this group of patients,” she noted.

For more information, contact Linda Gottlieb at 203-877-5270, or Linda@FITTraining.net.