

Get Fit!

With the Personal Training Institute

By Maia Cargas

Personal Training Institute (PTI) has opened its first Pennsylvania branch at 235 Bloomfield Drive in Lititz. Co-founders Evelyn Knapp M.S. and Carol Kur M.S.R.D. established this esteemed strength training and weight loss center in 1987. PTI is an organization that specializes in the balance of fitness and nutrition to help clients achieve health and well being. They offer an effective exercise methodology, consisting of customized programs and individual attention. Owners Randy and Kay Mosser are an integral part of the team of certified personal trainers and nutritionists that comprise Lititz's PTI lineup. The Mossers and their experienced workforce of dedicated employees offer a novel and exciting way to work towards those New Year's fitness resolutions.

Randy and Kay Mosser are veterans in the fitness field who decided to share their passion and expertise by opening their own Personal Training Institute branch. Lititz's PTI is the only fitness center

of its kind in our area. Randy and Kay are certified personal trainers who are working hard to "bring interest to fitness."

The concept behind the success of PTI is specific and consistent. The client will typically take part in three thirty-minute sessions with a certified personal trainer and one private meeting with a nutritionist each week. In addition to scheduled time in the gym, the client is entitled to unlimited use of the cardio equipment. During the sessions with the trainer, the client will be closely monitored on Nautilus equipment. The trusted Nautilus gear allows for safe and efficient strength training that is particularly undemanding on the joints. Medically and scientifically researched individual workout programs, comprised of routines that incorporate the entire body, are implemented at this optimal fitness center.

The efficient individual workout programs impart significant and lasting results. The personal attention in conjunction with careful education for proper technique greatly reduces the chance of injury. Another advantage to the PTI philosophy is the comfortable and non-intimidating atmosphere in a facility that is not overcrowded. The one-on-one personal dynamic helps to bring the best out of each customer. Clients often find it easier to stay true to their exercise plan because they commit their time through scheduled appointments. This unique exercise center utilizes routines to meet goals. Special routines are utilized for clients with specific medical issues, such as replacements or ACL injuries. The vigilant trainers consider the



Owners of PTI, Randy and Kay Mosser

whole person. They are trained to work with clients with specific diseases, such as cancer or diabetes, and discover the best road to take in their training.

The clientele exhibits a spectrum of ability from novice to trained athletes. Certain clients are interested in losing weight and toning, while others entertain sport-specific goals. Some may simply need a touch of guidance. Randy and Kay, along with their qualified staff, will work with you to transform your goals into a rewarding reality. They will cater to your needs and steer you towards positive results. The Mossers are devoted to the education and motivation that proves vital to their clients' success.

PTI not only accentuates the physical aspect of health, it utilizes the nutritional facet of fitness. The client will consult with a nutritionist to learn healthy eating habits that produce lasting results. PTI participants are calibrated at achieving an eighty percent success rate. On average, one will exchange six pounds of fat for three pounds of muscle. Replacing fat with muscle, combined with sensible eating habits, almost guarantees the weight will stay away. You will not only look better, you will feel better. The mental benefits of reducing stress and increasing confidence are paramount. Beyond the time spent and the benefits gained at the gym, the client may also access an online account where their progress can be tracked.

PTI has something for everyone. It can be your link to personal improvement. Proprietors Randy and Kay will work with you to achieve optimum results in a most direct and safe way. **FLL**

Maia Cargas has a strong passion for literature and art. She resides in downtown Lancaster and can be reached at mlcargas@comcast.net

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