



## **Business Briefs**

Wednesday, November 28, 2007

### **Trainer Honored**

Jim Starshak, president and founder of The Home Gym, Inc. in Shawnee, recently was honored by the Arthritis Foundation.

Starshak was recognized as the 2007 recipient of the Dr. Mark Box Patient Services Award, which recognizes a volunteer who has consistently demonstrated outstanding efforts and achievements in the Arthritis Foundation's programs and services.

The award was presented Nov. 7 at the Kauffman Foundation by chapter president Brad Ziegler and director Judy Worrall.

Starshak played an important role in establishing the Arthritis Foundation Tai Chi Program in the Greater Kansas City area and has organized leader trainings and promoted it to a variety of groups.

In addition to serving on the chapter's Exercise Committee, Starshak has published four articles in the Best Times magazine about the Arthritis Foundation. He also has provided CPR training for Arthritis Foundation staff and volunteers, spoken on behalf of the chapter at various events and has led the warm ups at the foundation's annual Arthritis Walk.

In 2002, Starshak started his Shawnee-based business, The Home Gym, to bring health and fitness to people at their homes, meeting places and work sites. He provides Tai Chi classes, CPR & First Aid Certifications and personal fitness training. For more information, visit [www.thehomegym.net](http://www.thehomegym.net).