



PRESS RELEASE

FOR IMMEDIATE RELEASE

Contact: Jim Starshak

Office: 913-322-0764

E-mail: thehomegym@everestkc.net

Web Site: www.thehomegym.net

Physical Therapy Continuing Education Provider

Shawnee, KS March 10, 2010 – Jim Starshak, president and founder of The Home Gym, Inc. in Shawnee, KS was recently approved as a continuing education provider by the Kansas Physical Therapy Association (KPTA) for his *Tai Chi for Arthritis and Fall Prevention* instructor training workshop. Physical Therapy continuing education courses approved by KPTA are accepted in Kansas, Missouri and 15 other states.

Jim is a Master Trainer for Dr. Paul Lam's international Tai Chi for Health organization. Dr. Lam's authorized Master Trainers are the only ones approved by the Arthritis Foundation to train and certify their instructors in the Tai Chi for Arthritis Program.

In addition to providing continuing education for the KPTA, Jim is approved to provide continuing education for the American Council on Exercise (ACE), Aerobics and Fitness Association of America (AFAA), and the Arkansas State Board of Physical Therapy.

Jim's approved continuing education tai chi workshops include:

Tai Chi for Arthritis and Fall Prevention. KPTA (14 CH) and ACE (1.4 CECs)

Tai Chi for Health and Fitness: A Fun and Effective Intervention to Reduce Falls and Improve Functional Performance. KPTA (8 CH), ACE (0.8 CECs), AFAA (5 CEUs), and Arkansas State Board of Physical Therapy (8 CH).

Please contact Jim at 913-322-0764, thehomegym@everestkc.net, or through his web site at www.thehomegym.net for more information about the benefits of the Tai Chi for Health Programs, upcoming continuing education opportunities, or other current endeavors of The Home Gym, Inc.

#