



Business Briefs

Wednesday, December 21, 2005

Trainer Earns Degree

Jim Starshak, president and founder of Shawnee-based The Home Gym, Inc., recently earned his Master's Degree in Exercise Science and Health Promotion from the California University of Pennsylvania.

The Masters program is a collaborative effort between the National Academy of Sports Medicine (NASM) and the California University of Pennsylvania. The 12-month, Web-based degree program is designed for working professionals in health and fitness careers and requires coursework that includes research projects and in-depth group projects.

Starshak also earned a Master's Degree in 1993 while in the U.S. Army as a Special Forces soldier.

The Home Gym, Inc., provides personal fitness training to clients in their home or workplace, American Red Cross First Aid, CPR, Sport Safety, babysitters' certification courses and mind-body classes like T'ai Chi and Balanced-Flexibility classes.

Contact the Home Gym, Inc., at (913) 322-0764 or thehomegym@everestkc.net.