

FITNEWS

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AWARD-WINNING FITNESS SITE CELEBRATES TEN YEARS ON THE NET

Scarsdale, NY - The award-winning High Energy Fitness website (www.lookgreatnaked.com) is celebrating its tenth anniversary. Brad Schoenfeld, renowned fitness expert and the site's creator, says, "This really is a milestone. When I first launched the site back in 1998, the web was really still in its infancy. To have lasted all these years and consistently gained popularity is a good feeling."

With an eye toward the future, Schoenfeld plans to continue adding new content and keeping up with advances in technology. "The web is developing at an incredible pace. As long as you provide people with informative content and do it in a user-friendly way, you'll be successful." He adds: "I fully plan on being a fitness leader on the web for years to come and look forward to celebrating our twentieth anniversary."

Please contact [Brad Schoenfeld](#) to arrange an interview and/or for additional quotes.

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ABOUT BRAD SCHOENFELD: Brad Schoenfeld, CSCS, is the fitness trainer to bet your shape on. Widely regarded as one of America's leading fitness professionals, his focus is to help women achieve their full fitness potential by skipping the gimmicks and sticking to the well-documented science of exercise and nutrition. Awarded the distinction of master trainer by the International

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Association of Fitness Professions, he is also a certified strength and conditioning specialist by the National Strength and Conditioning Association.

He is the author of six fitness books, including *Sculpting Her Body Perfect* and the bestseller, *Look Great Naked*. He is a columnist for *Fitness RX for Women* magazine and has been published or featured in every major magazine including *Cosmopolitan*, *Self*, *Marie Claire*, *Fitness and Shape*. He has been a guest on many national television and radio shows. His Personal Training Center for Women is located in Scarsdale, New York. Brad lives in Croton-on-Hudson, New York.