

Personal Trainer NYC - Curvy Goddess Workout Personal Training In NYC Is Reshaping Women's Bodies

Personal Trainer NYC - Curvy Goddess Workout Personal Training In NYC launches a new website to support the growth and expansion of this personal training fitness business located in New York City.

January 30, 2012 (FPRC) -- Personal Trainer NYC - Curvy Goddess Workout Personal Training In NYC has created a new website which has been launched to feature Curvy Goddess Workout Personal Training in NYC catering to women with curves and to further support the expansion of the personal training fitness business located in New York City. The website, www.PersonalTrainerNYC.net, reveals many success stories from this uniquely designed workout.

Personal Trainer NYC, Diane Williams, creator of Curvy Goddess Workout Personal Training in NYC is behind the design and creation of the new website. "My objective with the new website is to give visitors who are searching for a personal trainer NYC not only information about my Curvy Goddess Workout Personal Training in NYC but also related information and resources on general fitness and weight loss," says Diane.

More about the personalized personal training workout can be found on the new website. Diane explains "Curvy Goddess Workout is a fat-burning turbo charging your metabolism using several exercise methods; Pilates, resistance training, functional/core, and cardiovascular training covers all bases for women who need to address not only fat loss issues but also bone loss, balance, and flexibility issues."

"I believe that more and more women are seeking help and guidance from fitness professionals to get their bodies in spectacular shape. They understand the value of hiring a personal trainer NYC."

The Personal Trainer NYC - Curvy Goddess Workout website highlights a new design that allows visitors to find the information they are seeking easily and quickly. Diane Williams, the owner of the site also points out that new articles are continually being written and posted that support the philosophy of Curvy Goddess Workout Personal Training In NYC.

Diane says, "I want my clients to focus on long-term health and fitness goals, on a path to learning to love their bodies. Weight loss will be the by-product from these healthy and consistent daily fitness decisions."

She also adds, "Most women think they must go to extremes to reshape their bodies like they see on the weight loss reality television shows. Most likely the combination of hyper-intense workouts and diet deprivation is the perfect formula for failure."

For more information and further details on Personal Trainer NYC - Curvy Goddess Workout Personal Training in NYC please go to www.PersonalTrainerNYC.net.

Contact Information

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