

FOR IMMEDIATE RELEASE

Contact:
Ray Pickering
ray@summersfitness.com
Summer's Fitness 24/7 Office Manager
330.497.2474

Canton's own fitness pro speaks at national conference

North Canton, Ohio – June 26, 2010 - On the 24th of June the International Society of Sports Nutrition hosted the 7th annual ISSN conference and expo in Clearwater Beach, Florida. Wellness enthusiasts and experts in the field of sports nutrition were in attendance at this two-day event about the latest research and most current applications for fueling fitness and performance.

As a fitness model, former professional fitness athlete and entrepreneur, it comes as no surprise that Summer Montabone, CSCS was invited to the conference as a guest speaker. "I was honored and excited when Jose Antonio, the top name in Sports Performance Nutrition, asked me to speak at the conference" – *Montabone*.

Having become a Certified Strength & Conditioning Specialist (CSCS) in 2003 through the National Strength & Conditioning Association she was asked to share her expert knowledge on 'Practical advice for weight loss clients and physique athletes vs. performance athletes.'

"Summer Montabone's seminar covered practical take-home advice and suggestions for clients interested in weight loss as well as physique and performance enhancement. Summer did an amazing job of marrying science and real-world application. Attendees were thrilled to have an expert of her caliber at the conference." - *Jose Antonio, Ph.D., CEO, the International Society of Sports Nutrition*

Montabone's presence at the ISSN conference adds to her already impressive resume. Not only does she appear in national magazines and DVDs as a model, but she has also produced several fitness DVDs, is a published author in several national magazines and is a recognized nutrition educator.

Montabone's passion for seeing wellness in others led her to start her own fitness center: Summer' Fitness 24/7. The center offers a variety of fitness, health and nutrition programs to people of all fitness levels. The staff is well trained in several disciplines and dedicated to helping you achieve your personal best. Montabone has worked with a variety of students with different needs; from general weight management, pregnant women, back surgery recovery, to professional athletes.

As Montabone continues to grow in the wellness industry so shall her expertise. She is available to speak at your local event upon personal request. To find out more please visit www.summersfitness.com or call 330.497.2474.

###