

FOR IMMEDIATE RELEASE

## **Training For The Ageless Author Grows Platform To Include Book, Blog And Motivation For All Ages**

BAINBRIDGE ISLAND, Washington (February 7, 2013) – Colleen Fisher has written her much anticipated book. “Fitness is Forever“. The book Colleen Fisher always intended to write with her Mother, Kelly Nelson. The two have had a storied career in health and fitness which culminated in their 1998 joint title winning of National Grand Masters & Masters Bodybuilding Champions titles. Sadly Kelly Nelson passed in December of 2011 from a heart malady connected to a case of scarlet fever in her youth. Despite Kelly’s undiagnosed lifelong heart valve deformity her achievements in fitness saw her operating at the top ranks of the fitness profession. Confirming that a life built on well being and balance in fitness and nutrition can not only extend your years but enrich those extra years you receive. Fitness is Forever the book is part memoir and part workbook offering no nonsense fitness and nutrition fundamentals for anyone looking to construct a healthier more balanced life.

These days Colleen Fisher averages 20 hours a week as a professional trainer working to coach current bodybuilding competitors into title holders as well as inspiring the youth in her community to see fitness as an organic ingredient in there day to day lives. Fitness is Forever the lifestyle blog launched in the fall of 2012, here readers will find motivation, tips and expert advice designed to support the overall goal of creating a balanced life. Authors on this site include not only fitness professionals but everyday people just like you sharing their experiences when it comes to what keeps themselves motivated and inspired. The Authors share how they find ways to integrate fitness and good food choices into their busy daily lives. Fitness is Forever the blog has something for all ages. Whether you follow Molly the twenty something professional juggling multiple jobs or Ari the high school junior covering fitness ideas and support for kids and their parents or Ms. Fisher herself one is sure to find a voice to enrich, motivate and inspire you in your daily life.

Although Colleen’s mom Kelly was not able to see the completion of the book and now the launch of the lifestyle blog, Kelly Nelson is ever present in all things she inspired. Colleen is the happy recipient of letters, testimonials and requests for and about Kelly’s inspiring life. The Kelly story will live forever on the pages of the book and blog. Ms. Fisher has taken the pioneering step of self publishing her book so for those of you who look to be inspired please go directly to <http://www.fitness-fitness-is-forever.com> to purchase the book in paperback form, pair it with a copy of Kelly and Colleen’s fitness DVD “Training for the Ageless” or download a digital copy for your digital reader. Look to meet Colleen Fisher in person as she does her publicity tour in support of her book or better yet, request an engagement.