

Join me on BlogTalkRadio on Tuesday September 15, 2009 at 8:00 pm central time for the latest episode of "Consumer's Guide To Health". Many people want to start with an exercise program, but really aren't sure how to do so or what references to use. In this episode, "Fitness - A Beginner's Guide", we will discuss how to get started with a safe fitness program, and hopefully dispel some myths along the way!

This episode's special guest will be Austin personal trainer and massage therapist **Robin Warnken**,

owner of Austin Sports Massage And Fitness (

<http://www.austinsportrx.com>

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The BlogTalkRadio call-in number is 646-929-1567. You can listen online at <http://www.blogtalkradio.com/abesselink>

and also download this and previous episodes here as well.

I look forward to having you join us!