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Excel Physical Therapy and Fitness CEO Bikes across PA with PA Health Ride and Fitness Days

Ride raises awareness for childhood obesity through Bike PA

Philadelphia, PA – September 2009 – Jeff Ostrowski, PT, owner and CEO of Excel Physical Therapy and Fitness, an out-patient physical therapy clinic with eight locations throughout the Philadelphia region, will participate in the Pennsylvania Health Ride and Kids Fitness Days. Pennsylvania Health Ride and Kids Fitness Days is an event created to educate and advocate for the prevention of childhood obesity to children and parents. The ride will begin Sunday, October 4th in Pittsburgh and will end after 425 miles on Saturday, October 10th at the Philadelphia Museum of Art.

“Promoting health and fitness from an early age is one of the most powerful lessons we can pass on to the next generation because it lasts a lifetime and can often save a life,” says Ostrowski. “Obesity is a national epidemic, but studies have found that it is particularly a problem within the state of Pennsylvania as 30 percent of this state’s children are considered overweight or obese.”

Pennsylvania Health Ride and Kids Fitness Days is led by Navy Lt. Commander Dr. Andy Baldwin, a US Naval Officer, ironman triathlete, humanitarian, and physician, who was featured on ABC’s *The Bachelor*. He will be leading assemblies at selected schools along the route focusing on educating children, parents and teachers about the issue of childhood obesity.

“At Excel, we use our Parisi Speed School Program to make fitness fun and engaging. This bike ride is just another way to engage kids in their health,” says Ostrowski.

The nationally recognized Parisi Speed School offers young athletes ages 7 – 17 speed, agility, strength, quickness and power instruction within a positive training environment. Excel offers the program in partnership with MapleZone Sports and Fitness at their location in Boothwyn, PA.

For more information regarding the Pennsylvania Health Ride and Kids Fitness Days, please visit www.healthride.org.

About Excel Physical Therapy and Fitness

Excel Physical Therapy and Fitness has been rehabilitating patients for over 15 years and provides physical therapy and fitness programs dedicated to improving patient’s quality of life. Excel is the largest privately owned physical therapy practice in the Delaware

Valley and has eight locations throughout the region. In 2006 Excel was awarded the *Real Small Business Award for Customer Service* from the Center City Proprietors Association and in 2009 was recognized by the *Philadelphia Business Journal* as one of the *Best Places to Work*. For more information on Excel please call 1.866.88 EXCEL or visit www.excelphysicaltherapy.com.



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