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Charles Defrancesco Inducted into Cambridge Who's Who for Excellence in Health and Fitness Services

Mr. Defrancesco has 10 years of experience in health and fitness. He has developed an expertise in managing operations, staffing gyms, setting up systems and conducting rehabilitation and weight loss programs for a variety of clients.

/Cambridge Who's Who/ - Greenwich, CT, May 16, 2008, Charles Defrancesco, Owner of Fit and Functional and Greenwich Sports Medicine and Consultant for Club 800 in Rye Brook, New York and Club 1133 in White Plains, NY and Westchester Sports and Wellnees in Eastchester, New York, has been recognized by Cambridge Who's Who for showing dedication, leadership and excellence in all aspects of establishing fitness programs and health services.

Mr. Defrancesco has 10 years of experience in health and fitness. He has developed an expertise in managing operations, staffing gyms, setting up systems and conducts rehabilitation and weight loss programs for a variety of clients. On a daily basis, Mr. Defrancesco is responsible for overseeing the facilities daily operations and conducting various educational courses for trainers. He attributes his success to his hard work and extensive knowledge in the field.

In addition to serving as a personal trainer, flexibility and functional therapy specialist, Mr. Defrancesco holds several certifications including a Sports Nutrition Consultant Certification, a Cardiac Rehabilitation Certification, and a Master Trainer Certification from the National Federation of Professional Trainers. He is the co-author of the accredited NFPT Foundation Manual and creates numerous fitness continuing education courses. Currently, he is working on an all-level personal training curriculum. Mr. Defrancesco's work has been featured in the Greenwich Times, the Greenwich Post, Westchester Magazine, and on 'News 8' and 'News 12.'

For more information on Fit and Functional, LLC and Greenwich Sports Medicine, visit <http://www.fitandfunctional.com>.

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The Cambridge Who's Who Mission

The mission of **Cambridge Who's Who** is to ensure that Cambridge members receive recognition, support and credibility to advance their careers. **Cambridge Who's Who** is also committed to delivering the highest quality networking resource for job recruitment, career enhancement and new business development. See who's making news at the [Cambridge Who's Who News Blog](#).

Cambridge Who's Who members have exclusive access to the biographical information of more than 200,000 successful executives, professionals and entrepreneurs at www.cambridgewhoswho.com, where they use the database to share information, knowledge and services. Communication via the **Cambridge Who's Who registry** travels in two directions, enabling **Cambridge Who's Who** members to reach out when they have a business need or opportunity as well as receive information on exciting new ventures.

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Cambridge Who's Who is the fastest-growing publisher of executive, professional and entrepreneur biographies in the world today. Our accomplished members and extensive online database make Cambridge Who's Who a premier resource for networking.

The Cambridge mission is to deliver its members the recognition and competitive edge needed to network and do business effectively. Inclusion in the registry is an honor limited to individuals who have demonstrated leadership and achievement in

their industry and occupation. The registry is distributed exclusively to our members around the world, making it the ideal vehicle for you to use to position yourself and your company.