

Bob Koppenjan.txt

Out of Sight Fitness: Out of Sight Health & Fitness is a program created specifically for people who are blind and visually impaired. Bob Koppenjan, a blind certified personal trainer for over 20 years, designed the program to address both exercise and diet.

Nutrition information is provided in braille or large print (18 point); a CD guides users through the 23-minute exercise routine, which can be performed in a small area. Determination and a set of dumbbells are all one needs.

The program also includes a quarterly e-newsletter and two free phone consultations. Out of Sight Fitness costs \$39.95 + \$5 shipping and handling from Duko Health International (Rutherford, NJ). Contact Bob Koppenjan (201.507.1510) for more information.