

# Health & Fitness Blog

## Check out Julian's Health & Fitness Blog

The next time you're on our website take some time and review Julian's new blog; PT Expert. This blog hits on some of the main points from Julian's latest local columns, latest trends and tips on motivation and success. Log onto [www.eqclubs.com](http://www.eqclubs.com) and look for the link under EQ Health & Fitness Blog!