

Local trainer claims 4 gold medals

John Platero, a 50-year-old Thousand Oaks resident, recently won four of four gold medals in his first attempt at the Huntsman Senior World Games in St. George, Utah.

This year, Platero overcame a back injury, knee surgery and a torn pectoral muscle and lost 10 percent of his body weight to reach a body-fat percentage of only 3.5 percent to compete at the Senior World Games.

He is the director of educa-

tion for the National Council for Certified Personal Trainers and has certified thousands of personal trainers.

Platero has also been published in most of the major health and fitness magazines and been featured in major fitness infomercials. His next book "Yes You Can: Fitness at 50" will be released next year.

For more information visit the websites www.johnplatero.com and www.nccpt.com.