

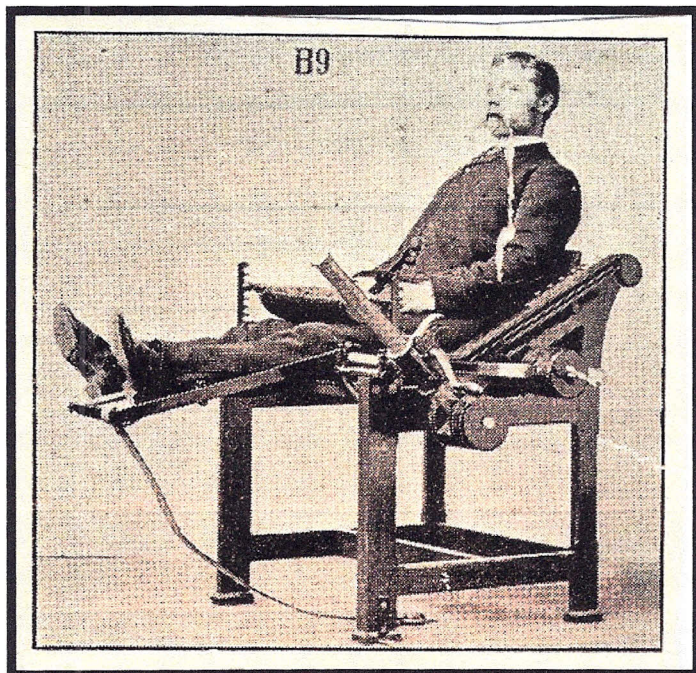
vocalo 89.5

He was one of the first personal trainers in the country.



TOM

11:41AM January 04, 2010



(Note: Exercise machine in photo is from before Walter Rivers time. Way.)



Walter Rivers is known as the Thomas Edison of fitness. He was one of the first personal trainers in the field, and he has strong opinions about the use of gyms, the gym business, and the value of working out at home. In the end, he says, it's about each person taking responsibility for the condition of their body.

You can listen to our interview here, and to contact Walter for a consultation on your fitness, you can reach him at riversfit@comcast.net, or by phone at (773) 715-9258.

In this interview find (on the time bar):

00:00: Why its *not* important to go to a public gym.

12:00: How to get a quality work out at home.

27:00: How to get yourself to exercise at home.