



For Immediate Release Please:

## **Celebrity Trainer and Author Alec Penix releases first book SEVEN SUNDAYS December 4, 2018**

[alecpenix.com](http://alecpenix.com)

Celebrity trainer and author Alec Penix has just released his first book **SEVEN SUNDAYS** on December 4, 2018. The book, a 43 day devotional, takes readers on a journey of spiritual and physical fulfillment that will help them to better understand who they are on a deeper level rather than what's seen in the mirror. Over the course of six weeks, readers will work on the "6 Pillars of Purpose" that build up this strength. In **SEVEN SUNDAYS**, Penix explains the connection between faith and fitness, and shares his success story as well as his clients.

After reading **SEVEN SUNDAYS**, the changes required to live a healthier life become easier because you *want* to change your habits rather than feel as if you *have* to change them. The book is designed to inspire you to look inside yourself and recognize that it's not that you *need* to exercise, eat right, and be healthy, but that you *deserve* to exercise, eat right, and be healthy, and recognize your body as a spiritual vessel. As a celebrity trainer, he overcomes a variety of challenges to achieve complex fitness goals and ensure his clients are ready to go on stage or on camera.



Alec seeks to guide people through the physical journey by having them adopt a healthy lifestyle. He believes that all things are possible if you use faith as your bedrock. To him, spiritual development is a critical factor of the physical transformation process, aiding in overcoming internal roadblocks. In order to help each one of his clients achieve their fitness and health goals, he approaches training by focusing on the interior and the individual's spiritual needs to aid them in transforming their bodies and achieving healthier lives.

The Michigan native has nearly a decade of experience in the world of fitness and health where many of his practices are broken down in his book. With a clientele that includes Olympic Gold Medalist Gabby Douglas, Singer/Songwriter Natasha Bedingfield, Actor/Singer Aaron Tveit, and dancers Derek and Julianne Hough, his roster is star-studded making Alec's fitness regimen in high demand. His numerous television appearances include *The Insider*, *Home & Family*, *Celebrity Page* and publications such as *People*, *Wingman*, *Miami Living* and *Muscle & Fitness*.

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