



Charles Peeples, LMT, CSCS, NSCA-PT, a 2004 graduate of the Pennsylvania School of Muscle Therapy (now Cortiva), is a NCTMB Board-Certified LMT, NSCA Personal Trainer, and Strength and Conditioning Specialist. He's a professional member of the American Massage Therapy Association and the National Strength and Conditioning Association, and was selected as the *Pottstown Mercury's* Reader's Choice Best LMT for 2017. A lifelong resident of Chester Springs who performs massage therapy at three local salons, including Verde (at the traffic light) and Panache (in Phoenixville) as well as privately in-home/on-site, Charles has been a longtime proponent of strength-training for females, a columnist for *PhillyFIT Magazine* and has written dozens of articles for numerous international fitness magazines since 1990.