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Elizabeth Kovar Fitness & Training selected as 2017 PFP Trainer of the Year Award finalist

SEATTLE, WA (November 7, 2016) — PFP media (Personal Fitness Professional), the leading industry resource for personal trainers and fitness professionals, is pleased to announce the twelve finalists for the 2017 PFP Trainer of the Year Award.

Local fitness professional, Elizabeth Kovar of Elizabeth Kovar Fitness & Training and Seattle Fitness Management has been selected from among over 500 national applicants as one of twelve finalists for this prestigious award. The PFP Trainer of the Year is awarded to a fitness professional who is an exemplary leader in the industry and who demonstrates a strong commitment to her clients, career and community.

"We're excited to celebrate our 12th year of this award," said PFP media Editor Lindsay Vastola. "The PFP Trainer of the Year Award highlights those in the industry who continue to raise the bar for their communities, their businesses and the industry as a whole. This award showcases the number of exceptional fitness professionals this industry has to offer."

Following the final round of application and judging, the 2017 winner will be named December 15th on PFP's website: www.fit-pro.com as well as their social media outlets on [Facebook](#) and [Twitter](#). The winner will be featured in PFP's 2017 Winter issue and will receive prizes from leading industry sponsors. For more contest information [click here](#).

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[PFP media](#) is the leading professional media company specifically focused on independent fitness professionals, personal trainers group instructors, club, studio and franchise owners, club managers and fitness director/managers. Readers rely on the trade magazine and robust website to stay informed on industry developments and trends, cutting-edge products, continuing education resources and business-focused ideas to build a successful fitness career and business.

Elizabeth Kovar M.A. is a fitness trainer, wellness writer, author of *Finding Om* and a BOSU and American Council on Exercise Master Trainer Presenter. Kovar is a fitness manager for Seattle Fitness Management and an online health adjunct instructor for Walla Walla Community College. She's studied yoga in six different countries and is creator of mindbodysoul-food.com, a wellness & vegan-based food blog. She's recipient of 2014's Shape.com's "Top 50 Hottest Trainers in the US," 2016 PFP Trainer of the Month – November and Stuart R Given Fellowship. Discover more at elizabethkovar.com.