Corrective Exercise Specialist of the Year 2018 Winner Announced

The fitness industry’s most influential specialty award finds a new home in Malaysia. Ke Wynn Lee, who specializes in helping clients overcome back, knee, neck, and shoulder pain through corrective exercise, is named The BioMechanics Method Corrective Exercise Specialist of the Year.

SAN DIEGO (PRWEB) May 24, 2018 -- The BioMechanics Method, the highest-rated provider of corrective exercise education for health and fitness professionals with specialists in nearly 60 countries, is pleased to name Ke Wynn Lee of Penang, Malaysia, as the 2018 Corrective Exercise Specialist of the Year. This prestigious industry award recognizes an individual who is certified in The BioMechanics Method, currently providing non-surgical, exercise-based alternatives for clients/patients who experience muscle and joint pain, and has demonstrated exceptional application of their functional fitness and corrective exercise skills.

Ke Wynn, who holds numerous certifications in fitness from the American Council on Exercise, in addition to massage and corrective exercise credentials, is a personal trainer and sports injury massage therapist based in Tanjong Bungal, Penang, Malaysia. As the owner of a private training studio, Lee specializes in analyzing and assessing movement to identify weak links and musculoskeletal imbalances to help clients prevent injury and optimize performance. In addition to working full-time with clients at his studio, Ke Wynn is the first non-physician leader appointed by Walk With a Doc (WWAD) for the organization’s chapter in Malaysia. Earlier this year, he also founded a non-profit community project called Active4Life to educate, promote and encourage active lifestyles by organizing free activities with a health professional for the public. “As part of my community program, I take the opportunity to speak on topics related to corrective exercise during our free, bi-weekly walks.” says Lee. “I also conduct workshops for larger audiences on managing common ailments such as lower back, knee and shoulder pain.”

As the 2018 Corrective Exercise Specialist of the Year, Lee will serve as a spokesperson on corrective exercise for The BioMechanics Method. He also receives an education package from The BioMechanics Method, memberships with leading health and fitness organizations IDEA Health & Fitness Association and Personal Training on the Net and equipment from TRX Training. “Ke Wynn’s ability to combine corrective exercise and deep tissue massage makes his abilities as corrective exercise specialist extraordinary”, says Justin Price, Education Director for The BioMechanics Method. “His passion for helping clients of all ages manage back and neck pain and improve functionality is truly evident.”

“That’s just awesome!” Lee said upon learning that he had been named CES of the Year. “I am hoping this award will bring some recognition and awareness to the field of corrective exercise in Malaysia.”

The other finalists for the CES of the Year award this year were Laura Gideon of Los Angeles, CA and Adriano Melikardi of Chicago, IL. Melikardi is a two-time finalist for this award.

ABOUT THE BIOMECHANICS METHOD
The BioMechanics Method is a systematic assessment and corrective exercise process used by health and fitness professionals to alleviate back pain and other chronic musculoskeletal pain. There are corrective exercise specialists trained in The BioMechanics Method in nearly 60 countries. Learn more at
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