

Hall of Fame Athletes Among Clientele of Famous Recovery Specialist Now Contributing to SportsEdTV

Nikos Apostolopoulos is shifting sports world paradigms of passive static stretching



Miami, Nov 27, 2020 (IssueWire.com) - SportsEdTV has added Nikos Apostolopoulos to its array of renowned contributors. He has been instrumental in generating a sports world paradigm shift regarding the use of gentle passive static stretching (microStretching®) for recovery and regeneration.

“As a recovery and regeneration specialist Nikos Apostolopoulos has worked with hall of fame and other elite, professional and amateur athletes internationally, as well as sports organizations and federations and now our health-conscious audience members,” said Robert Mazzucchelli Founder and Chairman SportsEdTV.

Nikos was awarded both his Ph.D. and MPhil degrees from the University of Wolverhampton (UK), and his Bachelor of Physical and Health Education from the University of Toronto (CAN) with an emphasis in sports medicine.

“Nikos is the founder of Stretch Therapy® and microStretching® which is about aiding in the recovery and regeneration of the body with low-intensity passive static stretching, an innovation being welcomed in the sports world as evidenced by his long client list of big-time athletes and leagues,” added Victor Bergonzoli, CEO SportsEdTV.

Currently, Apostolopoulos is an adjunct professor with the Faculty of Kinesiology and Physical Education at the University of Toronto (CAN).

About SportsEdTV: SportsEdTV exists to help athletes, coaches and parents LEARN, WIN and CELEBRATE. We don't expect everyone who uses our learning tools to become a world champion - that's not our mission.

We do expect people who use our educational resources to become their own champion, by whatever definition they view success in their chosen sport. For some, success is making the varsity team, for others, it's becoming country champion, and for others still, it may simply be gaining proficiency at a sport that offers a lifetime of fun and fitness.

To us, no matter your aspirations in sport, if you are striving to improve, you are winning! As a leading sports education media company, we provide FREE video and blog content to anyone in the world with an internet connection.

We also offer a global online community, where athletes, parents and coaches can interact, connect, chat, share content and find new friends. SportsEdTV videos feature coaching from world-class coaches and athletes - many of whom are or have coached world-champions - and have been watched by viewers in every country in the world.

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