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**TotalFit Solutions,
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Press Release

TotalFit Solutions Helps Carnegie Mellon Keep Fit

TotalFit Solutions helps students learn how to keep fit while they sit

Mountain View, CA, April, 2007: What to do when you have a full day of a student training at Carnegie Mellon? Lisa Akan, Director of Student Affairs had a solution. She decided that right after the “lunch coma” set in, she would teach all of her students how to stay fit while actually sitting at their desks. She hired TotalFit Solutions to come out and present a one hour workshop and workout that taught all of her students how they could do everything from “executive push-ups” to bicep curls while studying for their exams. Laurel and Stacey Neil had all 35 participants up and sweating in about 15 minutes.

“Now you never have an excuse not to make time for yourself and exercise everyday”, Stacey Neil told the group. Akan told TFS that the workshop turned out to be the highlight of the training. “We are going to make you an annual event”, she says. Teaching your staff and co-workers how to stay fit under the confines of a tightly managed schedule is one of TotalFit Solutions’ specialties.

TotalFit Solutions is a provider of a variety of fitness and wellness services including FitCamp, FitTravel adventures for families, Wellness Programming, and Personal Training. If you are interested in inviting them out to your school or business you may contact Stacey Neil at (408)-227.2216.

For Immediate Release
