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**TotalFit Solutions,
LLC**

Press Release

Get Ready Alum Rock Community - FitFamily Saturdays Are Here!

TotalFit Solutions gets entire families exercising at Thomas Ryan Elementary School

San Jose, CA, October, 2008: Want to know how to make a sustainable change in an inactive child's life? You have to get the family moving as well. TotalFit Solutions is a provider of custom fitness and wellness programs for non-profits, schools and corporations. They have been hired by The Rotary Club of Los Gatos to come out and work on a very deserving community in the Alum Rock School District. One of Alum Rocks elementary schools only achieved a 5.1% pass rate on their fifth grade Physical Fitness Test last year. The Rotary Club wanted to support the school by making a difference in these kid's fitness levels. The first thing they did was to purchase FitKids First programming for all 4-6 grade classrooms. These kits include everything a teacher needs to run their PE programming for an entire school year. What they did next was bring the fitness and exercise programming into each child's family by sponsoring a series of 7 FitFamily Saturdays where all levels and family members of the outlining community can come and exercise, learn about nutrition and wellness and join a community fat loss challenge – All for Free!

This programming will be offered in Spanish and English as TotalFit Solutions offers all their programming in both Spanish and English to continue to offer their award winning services to the local east side community. Come out and join us starting October 11th at 9AM at Thomas Ryan Elementary School. Come ready to exercise and have fun. See you there.

For more information on TotalFit Solutions and their customized fitness and wellness programming contact Stacey Neil (408) 227-2216.

For Immediate Release