

Contact: Stacey Neil,
Co-Founder
TotalFit Solutions, LLC

1146 Schoolhouse RD
San Jose, CA 95138
Phone 408.227.2216
Fax 408.549.9961

**TotalFit Solutions,
LLC**

Press Release

The Los Gatos Rotarians Go Hands On to Teach Fitness Classes

TotalFit Solutions shows the Rotarians how to teach a community fitness program in Alum Rock School District

San Jose, CA, October, 2008: The Los Gatos Rotarians know that the best way to inspire lifestyle changes in others is to get them moving themselves. A group of Rotarians, aged in their twenties to eighties, spent 4 hours on a Saturday learning how to jump rope, do push ups, and work on agility ladders, all in preparation to launch their new FitFamily Saturdays community outreach project. The Rotary Club of Los Gatos has partnered with a local fitness company in San Jose to teach them how to be the teachers in running all ages, fitness levels and abilities through a fun filled workout every second Saturday over the next seven months. TotalFit Solutions has developed a sure fire way to reach out to the largely Hispanic community in Alum Rock School District where this new innovative approach to combat childhood obesity is taking place. They start by implementing a new PE kit in the classrooms that takes all the guesswork out of curriculum development for schools. Once the PE program is in place, they bring better health and wellness to the outlining neighborhood community so the parents, grandparents and siblings of the child can also come to the school and learn healthier ways to eat, exercise and lose weight. As the whole family exercises together, they are able to make sustainable lifestyle changes that affect the entire family.

The Rotarians take their community sponsorship seriously and joined in to teach the program alongside TotalFit Solutions staff. Come out on October 11th at 9AM at Thomas Ryan Elementary School to watch what it takes for a collaborative effort between organizations driving to combat this increase in childhood obesity and lack of activity. Way to go Rotarians!

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

For Immediate Release