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**TotalFit Solutions,  
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# Press Release

## TotalFit Solutions Takes You To The Top

### Think you can't make it to the top of Half Dome? Think Again.

San Jose, CA, April, 2007: While you are sleeping in on Saturday morning, sixteen crazy individuals from all over the Bay Area are waking up to hit the trailhead at 7AM. These dedicated individuals have signed up, (and paid!) for a training program that includes six progressively more challenging hikes all over the South Bay Area in preparation for their big trek: to Half Dome in Yosemite Valley.

Stacey & Laurel Neil of TotalFit Solutions take their hikers very seriously. For six weeks they trek all over the mountains getting everyone conditioned enough mentally and physically to climb up to the top of one of most desired hiking destinations in the world. Are these insane super fit individuals who love adventure travel? Not usually. Their hikers are regular individuals, ages 25 to 65, making the journey this go around.

"Training groups and then watching their faces as they climb the last bit of the cables at the top is absolutely the most rewarding part of my job," says Co-Fonder Neil. TotalFit Solutions runs hiking treks all over the bay area. You don't need to be ready to take on a challenge like Half Dome to enjoy the local beauty and friendship that you will encounter along the way.

For more information on TotalFit Solutions and their wellness programming and adventure travel trips, contact Stacey Neil (408) 227-2216.

For Immediate Release