

Contact: Stacey Neil
TotalFit Solutions, LLC
Phone 408-887-4571
Fax 408-549-9961

1146 Schoolhouse RD
San Jose, CA, 95138
Phone 408-227-2216
Fax 408-549-9961

TotalFit Solutions

Press Release

Local High School Brings Free FitCamp and Nutritional Help to Its Community

Mt. Pleasant High School, San Jose, CA, Pilots an Innovative Approach to Address the Health and Wellness Concerns of Its Community

Mt. Pleasant High School was awarded a STEPS Grant through the Santa Clara Public Health Department. The main emphasis of the grant is to address the health concerns that their local East San Jose community is faced with – poor nutrition, diabetes, lack of exercise, obesity, smoking and overall unhealthy lifestyles. Last semester they sponsored some diabetes awareness activities for the student body and also partnered with TotalFit Solutions to create a “Live Well...Work Well” health and wellness series that brought hands on lectures and exercise solutions to the Mt. Pleasant staff members.

Mt. Pleasant is taking their commitment even further this next semester by offering a daily exercise solution to their staff, student and community called FitCamp. FitCamp is a total exercise solution for the body that meets M-F, for one hour a day. The first class will be held on January 23rd at 4PM. Because FitCamp is open to all fitness levels, it was chosen for its applicability across all backgrounds and ages. A Community Nutrition challenge will also begin Monday evenings February 5th at 7PM, addressing issues facing families such as poor nutrition, lack of proper food planning, weight control etc. in a supportive, informative environment.

The Mt. Pleasant student body will also be given the opportunity to be involved in educational seminars and a general health faire that will be made available to classes during the school day. The students are in the process of organizing a Diabetes Awareness Fundraiser Walk –A-Thon in March followed by a Diabetes Informational Day open to the community. Mt Pleasant wants to educate their community members by providing information on healthy lifestyle habits that can translate to meaningful changes they can make to their daily lives.

Mt. Pleasant High School contact: Raquel Ornelas at (408) 937-2826
TotalFit Solutions contact: Stacey Neil (408) 227-2216

For Immediate Release