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**TotalFit Solutions,  
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# Press Release

## TotalFit Solutions Helps Make Star Testing Fun!

### TotalFit Solutions offers PE to Ledesma Elementary School to help shake off the testing blues

San Jose, CA, May, 2007: When Eileen Lazo contacted TotalFit Solutions to see if they would volunteer to help her second graders shake off the testing blues during the two weeks of mandatory STAR testing that the state requires, they happily agreed. After the 7 and 8 year olds had finished their testing lock down for the morning, Laurel Neil, Co-Founder of TotalFit Solutions, had them running off their stresses by participating in everything from Kids Bop It to Banana Relays, to Ankle Banded Soccer.

TotalFit Solutions isn't new to working with schools. They run a highly successful STEPS grant funded wellness program for the Mt. Pleasant High School students, staff and community. "Working with schools brings our services out to entire families in localized communities," says Co-Founder Stacey Neil, "it is highly satisfying and rewarding for us".

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

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