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**TotalFit Solutions,
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Press Release

TotalFit Solutions Coaches Wellness

Wellness Coaching? The First Step is Defining Wellness for YOU

San Jose, CA, February, 2007: When looking for a total approach to fitness, TotalFit Solutions provides a complete package of services. Wellness Coach Stacey Neil describes the journey to coaching as, "a way for an individual to determine what an ideal level of wellness means to them, and then working with me to figure out how to get there". A good coach doesn't tell you what to do, but allows you to find the answers you already hold inside yourself.

TotalFit Solutions started Wellness Coaching when it was founded. As a visionary new fitness company that is leading the charge to a complete wellness programming, coaching is a great avenue for tying all of their offerings together. If one of their clients is looking to add some fun into their life, they can decide to take a guided kayak trip with their family through FitTravel. A lot of the clients Neil sees are looking to bring joy and happiness back into their life. They are feeling down and unsatisfied. For those clients the best place to start, "is a life list", says Neil. She encourages her clients to write down 100 things they have always wanted to accomplish or do in their lifetime.

"The best way to live each day as if it were your last is to know what is important to you," Neil says. She loves coaching as it gives her a insight into her clients that she wouldn't normally have in a instructor/student environment. The next time you are feeling down, want to lose a few pounds, or are looking for some accountability, Wellness Coaching is a great way to get it done.

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

For Immediate Release