

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

## nVidia Brings FitCamp to its Santa Clara Campus

### Finding the time for exercise just got easier for nVidia employees.

Santa Clara, CA, June, 2008: As a world leader in visual computing technology, nVidia a Santa Clara based company is looking for ways to keep their employees healthy as well. TotalFit Solutions, LLC, has been hired to come out to their campus and push, support and encourage their employees to get their day started with FitCamp, a bootcamp style exercise class that is open to all levels and abilities.

“How many push-ups can you do with one hand?”, challenges one co-worker to another. “Bringing wellness programming to corporate locations is one of the many specializations of our company”, instructor and Co-Founder Laurel Neil claims. Finding ways to balance work and wellness is a challenge for many local companies. nVidia has the right idea focusing on ways to make their employees more productive and healthier right on their Santa Clara campus. As work days get longer, the importance in employee retention lies in allowing for incentives to increase retention and job satisfaction.

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

For Immediate Release

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