

FOR IMMEDIATE RELEASE

April 6th, 2009
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Join our 12-week Exercise Stimulus Plan

WFSB's Better Connecticut weekly fitness expert Carolyn Phillips is offering a Better Fit Exercise Stimulus Plan. This will consist of FREE weekly group fitness and lifestyle activities. These free weekly activities will introduce you and your friends to fun exciting ideas in order to start your own fitness support group. Some of the programs include: Belly dancing, Zumba, a weight loss clinic, spalaties (an original class designed by Carolyn Phillips), yoga and much more! Come to one or come to all! Program runs from April 11th through June 2009.

Weight Loss Challenge-As an added incentive, anyone who loses 15 pounds or more during these events will have the chance to win a Special Edition Better Fit Program and goodie bags. For support in achieving your weight loss goals, Fit Behavior is offering 50% off our Better Fit Weight Loss plan.

Carolyn Phillips is a certified trainer with American Council on Exercise (ACE), teaching fitness and wellness including lifestyle management, nutrition, weight training, cardiovascular, fitness testing, and behavior modification. Carolyn owns Fit Behavior, a personal training and group exercise facility located in Rocky Hill and Avon CT. The facility has a 12-year history and has been awarded winners of best place to workout and Pilates studio by Hartford Magazine and voted best by The Hartford Advocate for our nutrition and cardio programs. Carolyn won the prestigious 40 Under Forty awards from the Hartford Business Journal. Carolyn is an experienced speaker on healthy lifestyle management for TV as a fitness expert featured every week on WFSB Channel 3 Better CT, radio appearances, corporations, and women's networking groups.

Call Carolyn Phillips at (860) 529- 9867 or visit <http://www.fitbehavior.com/better-ct-stimulus-plan.php>.