

FOR IMMEDIATE RELEASE

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Body and life makeover!

Meet Tony Pullman, a person who followed his dreams. Tony had been over weight his entire life and was tipping the scales 70 pounds above a normal weight range. Tony states "I had tried many times to lose weight. I was part of the 95% of people who constantly gained and lost weight with no long term success until I went to The Body Firm." Tony started as a client at The Body Firm in Rocky Hill 5 years ago with some lofty goals. Tony lost all 70 pounds, started competing in triathlons, and left a job of 25 years to pursue a new dream he could love. Believe it or not, this former couch potato is now a personal trainer who took the chance to follow his dream. Tony decided he wanted to help educate, motivate and support his own clients and share some of his success secrets. He was so inspired by the results he achieved working with The Body Firm in Rocky Hill he decided to open a second location with the original owner, Carolyn Phillips.

The Body Firm Avon opened August 15th 2006. The Body Firm offers the latest fitness and wellness trends to live longer, fuller and healthier lives. Fitness programs are tailored for each person and emphasis whole body management. The Body Firm offers one on one training, pilates, and weight loss programs. The Body Firm is quiet, it's private, it's just for you. The Body Firm in Rocky Hill has won many awards such as; *The Hartford Advocate* readers poll- #1 nutrition program, #1 cardiovascular classes, and the Managing Member of The Body Firm, Carolyn Phillips, won *Hartford Business Journal* 40 Under Forty leaders award. The Body Firm is located at 51 East Main ST. Avon. Call Carolyn Phillips at (860) 529- 9867 for more information.