



# Fit Behavior

*Personal Fitness*

## Fit Behavior Media Announcements May and June 2008

### **Safe exercises during pregnancy**

Fit Behavior owner Carolyn Phillips  
and Kara Sundlun Channel 3

### **Channel 3 Better Connecticut**

Monday May 26th 2008 between  
10AM and 11AM

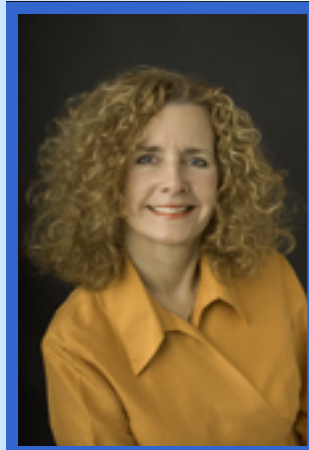


Carolyn Phillips, owner of  
Fit Behavior, will talk with Mary Jones  
on her daily radio talk show.  
Tune in to hear various topics regarding  
health, lifestyle and fitness.

WDRC-AM 1360

Monday May 26th 11:45 AM

### **Mary Jones Midday Magazine**



### **Cardio with Carolyn!**

Air dates start June 21st

Join Carolyn and Fit Behavior  
clients in a series of six cardio workouts.

### **NUTMEG CABLE TV**

In the towns of – *Avon, Burlington, Berlin, Can-  
ton, Farmington, Bristol, New Britain, and  
Plainville.*

