

Get Fit Norwalk!

109 Winfield St
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www.GetFitNorwalk.com

FOR IMMEDIATE RELEASE

GET FIT NORWALK – Fitness Group begins OCTOBER 23

OCT 3, 2007- Norwalk, CT

As the long days of summer come to an end and the holidays are approaching, many find it more difficult to find the time and motivation to get out and exercise. It can be difficult to get an exercise program started or to even reach the next level of results from your current regimen. Beginning this month, the Get Fit Norwalk-Fitness Group will make healthy living easier. The Get Fit-Norwalk Fitness Group will meet starting October 23, 2007, on Tuesdays and Thursdays from 6:30pm-7:30pm in the Meeting Room at St. Peter Lutheran Church, 208 Newtown Ave. Sessions will cost only \$145 for 4-weeks and will be lead by Jason Marcucilli, NASM-CPT, IYCA-YCS.

“The Get Fit Norwalk-Fitness Group combines the personal guidance of a fitness professional with the benefits of joining a group that shares similar fitness goals at a much lower cost than a personal trainer and gym membership,” said Marcucilli. “Our goal is to reach into the community and form friendships while creating or building on a healthy lifestyle.”

The Get Fit Norwalk-Fitness Group will have an 18-participant maximum to ensure everyone receives top personal attention and instruction. Participants can expect meetings to include flexibility, stability, core training, strength training, games, and other surprises that will guarantee that you will be more fit and healthy than ever before.

“The more you put into the program, the more you will get out of it,” said Marcucilli. “When sessions begin, we will have ten weeks until New Year’s Eve. With exercise and a healthy diet you can expect to lose two pounds per week. That means you could celebrate the year 2008 at 20 pounds or more lighter.”

Jason Marcucilli, NASM-CPT, IYCA-YCS
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Jason Marcucilli, a certified personal trainer for 10 years, has helped many clients in Fairfield County choose to live and benefit from a healthy lifestyle. Jason is certified through the National Academy of Sports Medicine. He is also certified as a Youth Conditioning Specialist through the International Youth Conditioning Association.

He is the owner/operator of Fitness Motivators and Get Fit Norwalk. Find out more at www.GetFitNorwalk.com or he can be reached via email at Jason@getfitnorwalk.com or (203)952-3119.

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