

**FOR FURTHER
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New Fitness Training Studio Offers Industries 1st Ever Results Guarantee

Ann Arbor, MI On May 2nd, 2005 Body Transformation Expert and Co-Owner of Fitness Together, Shaun Hadsall along with his partner Karen Naurato announce the fitness industries very first bold results guarantee: if the participant does not achieve his or her predetermined weight loss and fitness goals within 16 weeks, a 100% refund will be issued.

“What most people want is a weight loss and fitness solution that finally works for them,” explains Shaun Hadsall, a Certified Exercise Technologist with over 14 years of experience in the Metro Detroit area. “Three essential components are necessary to obtain the desired results:

1. **The correct exercise mix:** cardiovascular exercise with monitored intensity to burn calories during and after the session, and a concern for lean muscle with strength training to increase the individuals metabolism, thereby burning calories at a higher rate throughout the day.
2. **The correct nutritional mix:** traditional dieting causes the body’s metabolism to slow dramatically to conserve fuel for energy. It’s unhealthy and generally results in a ‘bounce-back’ or ‘yo-yo’ effect. Eating correctly means fueling the body throughout the day with small amounts of a variety of healthy foods. This keeps the body’s metabolism burning calories at a higher rate. It’s counter-intuitive, but it’s a time tested, scientific fact.

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- 3. The correct information, motivation, and emotional support:** people need the right information, guidance and a little – or sometimes a lot – of external motivation and support to achieve their weight loss and fitness goals. Accountability through the FT system provides the information and our Personal Trainers provide the motivation and emotional support with our 1 on 1 training sessions conducted in fully equipped private training suites.

Fitness Together clients will adhere to specific nutritional guidelines and workout a minimum of 3 times per week at Fitness Together with a personal trainer for a sixteen-week period. In return, Mr. Hadsall guarantees each client will achieve his or her predetermined weight loss and fitness goals. “This guarantee is stipulated in writing and is a binding contract,” says Shaun Hadsall. Mr. Hadsall can be reached for more information at 734-973-7412.

“No other fitness program I’m aware of offers such an iron – clad guarantee of results. Believe me, if I wasn’t confident this system works, I certainly wouldn’t offer a money – back guarantee. People are sick of the hype and misinformation surrounding the weight loss and fitness industry. Ultimately, people are not just looking for a great workout, they’re looking for a great result. We guarantee the Fitness Together system is no-nonsense, practical for anyone and will fulfill on the promise regardless of the individual’s fitness level or age. It’s fun, and gives people the accountability they need to establish long term lifestyle habits.

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Note to Editor: Shaun Hadsall is available for candid and informative interviews on health and fitness.