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**** For Immediate Release ****

BellaFIT FREE Fitness Day

Lace up some gym shoes, toss a bottle of water in a purse, grab a fitness mat and bring a couple of friends to BellaFIT's free fitness day at Pleasant Dale Park District's Walker Park. On May 2nd, 2009 beginning at 9 AM, women from all over the area are welcome to stop by and try out six different BellaFIT classes for free!

Pleasant Dale Park District and Karen Marzec, are thrilled to offer this special event to local women. Tom Ludwig, Athletic Supervisor of Pleasant Dale Park District said, "We are really excited to have this opportunity to partner with BellaFIT especially to have the chance to offer free classes to our residents and non-residents. We value customer service at Pleasant Dale and this event allows women to try out classes without spending any money. "

Karen Marzec, principal of BellaFit, will be teaching all classes. Participants can look forward to getting fit with a twenty-minute boot camp, a fifteen-minute hula-hoop workout, a thirty-minute Zumba dance class, a twenty-minute rock bottom class, a twenty-five minute abdominal class and a fifteen-minute buff arms class. Plus all attendees will receive an entry into the Spring Fitness Raffle with a chance to win an in-home personal training session with Marzec.

Marzec, who has been in the fitness industry for over 20 years, is extremely dedicated to using exercise as a tool for personal transformation. Marzec said, "Through the years I began studying the role fitness can play in addressing the challenges women face as they transition through life's phases. Some of the most profound experiences of my career have been those in which I've witnessed women come face-to-face with a challenge and use fitness as a tool to make it through. From a young woman becoming more confident after getting stronger and faster, to a woman who had an easier child birth because she was fit, to the many women who exercise so that they have the stamina to care for children and grandchildren, to the woman who begins to exercise after being diagnosed with cancer, and the woman who can better care for a spouse or aging parent because she

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herself stays healthy and strong...to these women I will always be grateful for they allowed me to see first hand how health and fitness can truly make a difference.”

The American Heart Association notes that exercising regularly helps both the physical and mental condition and reduces the risk of mortality, chronic disease, and illness. Physical activity reduces the risk of heart disease by improving blood circulation throughout the body, keeps weight under control, improves blood cholesterol levels, prevents and manages high blood pressure, and prevents bone loss.

One of Marzec’s students, Sue Kremer of Willow Springs said, I took a Zumba class through Karen’s instruction. I’ve heard a lot about Zumba and love dancing so I thought I would give it a try. After 3 sessions I wasn’t out of breath and was able to keep up. You have to keep in mind though that I am in the over 50 bunch and our instructor is young and fit, but the good news is that you can go at your own pace, scale it down a bit and still get an excellent workout and have fun at the same time.”

If you have any questions or need more information contact the Pleasant Dale Park District at 630.662.6220 or send an e-mail to Karen Marzec at Karen@Bella-fit.com.

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