

NEWS RELEASE

FOR IMMEDIATE RELEASE:

Fitness Professional Teams up With Local Businesses to Make Morris County Residents, Healthy, Happy and Fit

Cedar Knolls, NJ, February 28, 2010 – Fitness professional, Chesna Closs has collaborated with Shining Starz Dance Academy owners Mary Ellen Sendrowski and Stephanie Gonzalez as well as Town Café Catering owner, Rosario Giglio to provide fitness boot camp classes followed by a healthy breakfast. This four-week program, the first of an ongoing series, will offer two classes; a coed class at 6:00 am and a women's-only class at 7:00 am. Classes will be held at Shining Starz Dance Academy at 8 East Frederick Place #104C in Cedar Knolls on Mondays, Wednesdays and Fridays beginning on March 8, 2010.

The nature of the fitness boot camp workout is what makes it so effective. The exercises are designed to work the upper body, lower body and abdominal muscles at the same time and can be modified to suit any fitness level. The benefits of a fitness boot camp workout include weight loss, improved cardiovascular endurance, improved muscular strength, stress reduction and better sleep.

“During a boot camp workout, you can burn up to 600 calories per hour, which is obviously going to help with weight loss. But in addition to a great cardiovascular workout, you are also getting the muscular fitness benefit from exercises such as push-ups, squats and lunges that you wouldn't get from a typical aerobic exercise,” says Dr. Cedric X. Bryant, Chief Science Officer for the American Council on Exercise.

For additional information on the fitness boot camp and breakfast program, contact Chesna Closs or visit www.FitEsteem.com/bootcamps.

ABOUT Chesna Closs – Chesna Closs has a Master's degree in Social Work from Rutgers University and is certified by the American Council on Exercise. In January, 2010, she was appointed to the New Jersey Council on Physical Fitness and Sports. She is the Founder and President of Fit Esteem, LLC and the Newark Diet and Exercise Examiner on Examiner.com. Her services include personal training for individuals and groups, corporate consultations, workshops and speaking engagements.

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