

## News Release

**FOR IMMEDIATE RELEASE:**

### **Newark Native Appointed to the New Jersey Council on Physical Fitness and Sports**

Newark native, Chesna Closs has been appointed to a three-year term on the New Jersey Council on Physical Fitness and Sports effective January, 2010 to January, 2013.

**About Chesna Closs:**

Chesna Closs has a Master's degree in Social Work from Rutgers University and is certified as a Personal Trainer by the American Council on Exercise. Ms. Closs 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.

**About the New Jersey Council on Physical Fitness and Sports (NJCPFS):**

The NJCPFS is a legislated, 15-member, Governor appointed, advisory Council within the Department of Health and Senior Services. The NJCPFS is dedicated to health, nutrition, wellness and recreation and is charged with developing safe, healthful and enjoyable physical fitness and sports programs. The Council works to promote public awareness and to ensure that all citizens of New Jersey have the opportunity to pursue a more healthful lifestyle.

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