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Help Fight Teen Obesity: Teens Workout For Free!

Starting Now, 1-2-3 Fit Sacramento is pleased to offer FREE summer memberships to teenagers. With teen obesity on the rise, many doctors consider it to be near epidemic: the number of overweight teens has more than tripled since 1980! In an effort to help counter this trend, 1-2-3 Fit Sacramento will open their doors to teenagers this summer: June 1 through August 30 for FREE.

Our workout is for teenagers between the ages of 13-18 and will allow them basic access to 1-2-3 fit's facility free of charge. More importantly, our staff includes fitness professional and staff with high school coaching experience. As an added advantage, teenagers can enroll in FIT UNIVERSITY small group training sessions designed specifically for youth. These sessions which are held indoors and outdoors will also be offered at a discounted rate.

Tom Cepeda, Club Director of 123 Fit Sacramento, is excited about this outreach to teens. "We understand the key is not just to avoid obesity, but to stay active every day. Everyone who longs to be in better shape needs to develop healthier habits. The sooner these habits are established, the greater the chances they will continue through life. That's what we hope to give the teens that join us this summer."

A parent or guardian must come into the club to give consent for their teen to participate in the program. For more information, contact Tom Cepeda or Dara Lundregan at (916) 383-0123.

About 1-2-3 Fit

1-2-3 Fit is located at 8391 Folsom Blvd, near Watt Avenue. 1-2-3- Fit has been a leader in efficient and effective workouts and has recently expanded to include a wide variety of training modalities with some of the area's best trainers. 1-2-3 Fit Sacramento is open 7 Days a week and can be contacted at 916 383 0123 or training@123fitsac.com.

Research has shown the 1-2-3 Fit circuit training program is one of the most efficient full-body workouts. In just 30 minutes, the 1-2-3 Fit workout combines cardio, strength and resistance training. This fast-paced workout allows for higher energy expenditure, thus burning more calories.

"The 1-2-3 Fit circuit training program addresses the top reason that individuals do not maintain active lifestyles—a perceived lack of time," said Dr. Cedric X. Bryant, chief science officer for the American Council on Exercise. "By blending aerobic and strength training, the program meets the recommended minimum threshold for physical activity to enhance the overall health and wellness of individuals. In addition, the workout offers a wide workout intensity range, which appeals to both men and women, and the group environment provides motivation for individuals and enhances program adherence."

The 1-2-3 Fit circuit training program is highly effective for all body types, both athletes and non-athletes. 1-2-3 Fit has also been recently recognized by ACE, the American Council on Exercise. "The 1-2-3 Fit mission has always been to provide an effective and safe workout in a comfortable, non-intimidating environment, and now we have the proof," said Cepeda. "The goal is just to stay active. The more active we are, the better we feel, and the quicker we will reach our health and fitness goals".

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