

FOR IMMEDIATE RELEASE

Wellness Expert Offers Self as Test Subject for New **Fit For Summer Series**
PHILA, PA July 1, 2007

Keeva Brodie, leading Philadelphia natural health expert, www.YourHealthierYou.com is so serious about wellness, she's offering herself as the first participant in a brand new Philadelphia fitness regimen designed to sculpt, tone and shape you inside and out, in cooperation with East Falls Fitness <http://eastfallsfitness.com>.

Mrs. Brodie advocates a comprehensive fitness plan that leaves no stone unturned, covering mental, physical and social health as individual components of an overall wellness program. From exercise and diet to stress reduction and daily personal care, Brodie's Fit for Summer series efficiently addresses each of these wellness areas.

Participants who wish to lose weight, get fit, and embrace life in a brand new way are asked to contact Mrs. Brodie to join the program.

Mrs. Brodie offered this insight, "After my success with the Philadelphia schools nutrition program, thanks to the exciting response and support from [NBC-10](#) and Amy Freeze, I was encouraged to put a program together for area adults who need more than a diet of grapefruit and water to look, feel and truly *be* healthy.

As busy as I am, though, I actually began to neglect aspects of my own wellness. So I thought I'd go first to set the example and show others how to get back into the habit of good health!"

Brodie will be keeping a blog of her progress as she works with wellness experts in nutrition, exercise, massage and others to show how easy and fun it can be to get back in shape and stay there, even into the winter months.

Those who wish to follow Brodie's progress are invited to tune in to her weekly cable show at 6:00 pm each evening on Channel 80 (Comcast Cable). **Experts interested in working with Mrs. Brodie as part of this initiative's Wellness Team are encouraged to contact her, with the potential to be featured on the show.**

Keeva Brodie is the creator of Your Healthier You, a Philadelphia-based health and wellness company whose goal is it to improve lives of children and adults in the community through a variety of health and wellness initiatives. This is where we need your help! We would love to have the participation of all on-air personalities to help us bring attention to this important cause. (Media, print, tv and radio). Please invite us to talk about this very serious subject. And local businesses as well. We will showcase your business on the show and our website. Together we can all get fit.

CONTACT:

Keeva Brodie

215-490-2223

yourhealthieryou@msn.com

www.yourhealthieryou.com