



PRESS RELEASE

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Synergize! Launches Program for Hollywood Moms to Reclaim Pre-Baby Physique; Belly Bounce Back Body Transformation Kicks Off May 19

HOLLYWOOD, FL -- April 28, 2008 – Synergize, a Hollywood-based training studio known for its comprehensive fitness offerings including interval conditioning and nutritional counseling, today announced it will kick off a specialized fitness program to address local women striving to reclaim their pre-baby physique.

Synergize President and Owner Shondelle Solomon-Miles, who delivered her second child on April 10th, 2008, will join the enrolled participants with a goal of losing 25 pounds and 10 percent body fat in 12 weeks. Solomon-Miles went from 138 pounds to 175 during her pregnancy gaining more than 10 percent body fat.

“Losing weight after a baby is one of the most difficult times for a woman. A recent article in Science Daily News confirmed that women who regain their pre-pregnancy weight within six months have a lower risk of being overweight ten years later, said Solomon-Miles. “Our program combines circuit training, high intensity interval training, and of course nutritional guidance to enable woman to achieve healthy and long-lasting weight loss. I invite all South Florida moms to join this belly bounce back transformation and achieve success with me.”

The 12-week program will launch May 19, 2008. For more information, please visit www.BellyBounceBack.com.

About Synergize!

Synergize! is the leading fitness organization in Hollywood, Florida and surrounding areas. With specific focus placed on busy women who desire to return to previous states of health and vitality, Synergize! provides a motivated community for the advancement of personal fitness levels. Unparalleled professional instruction, food intake counseling, individualized fitness planning and an environment of positive fun are consistently incorporated into the Synergize! recipe for success. For more information, visit www.SynergizeWeightLoss.com.

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