



PRESS RELEASE

CONTACT:

Shondelle Solomon-Miles
President, Synergize!
Phone: 305-785-2458
shondelle@synergizeweightloss.com
www.BellyBounceBack.com

Hollywood's Fitness Guru Expands Training Studio into 6,000 Square Foot Fitness & Weight Loss Mecca

HOLLYWOOD, FL – October 21, 2008 – Synergize, the multi-faceted semi-private training studio in East Hollywood, is becoming bigger and better. In response to its overwhelming success, the 'one-stop-shop' for fitness and weight loss is relocating to a 6000-square foot facility on October 6, 2008.

Shondelle Solomon-Miles, owner and head instructor at Synergize states, "Synergize has been so successful because there are many people who are fed up and frustrated with the traditional health club environment. We offer accountability and firm, personalized guidance at a price point that people can typically afford."

Currently located at 1948 Tyler Street, the new facility will be located at 1200 North Federal Highway on the corner of US1 and Garfield Street in Hollywood.

"By expanding operations to the new center, we are increasing our potential to help more people recognize their personal fitness and weight loss goals." Shondelle states further, "At Synergize we seek to address all aspects of physical transformation by incorporating five elements into our program: a proper mindset, internal cleansing, proper food intake, vigorous exercise and stress management, all under one roof. It's like 'one-stop' shopping for fitness and weight loss, hence our tag line; Your Ultimate Fat Loss Solution."

Taking advantage of the new spacious facility, Synergize will maintain its semi-private training program, but will be adding group exercised classes such as spinning, meditation, yoga, kick-boxing and dance. Massage therapy and nutritional coaching will also be offered. In addition, Synergize will continue to sponsor educational workshops and seminars for the community in order to clarify much of the miseducation that runs rampant in the weight loss industry.

Shondelle explains, "People are confused. They do not know what to believe anymore and are completely overwhelmed by all of the 'quick fix' options available. Our clients get results and remain consistent with their programs because of the family-like, intimate environment that we provide. Not to mention the accountability and step-by-step guidance that they receive to help keep them on track towards their fitness goals."

On Saturday, November 1, Synergize! will be hosting an Open House for surrounding communities where visitors can sample group classes, meet the instructors and trainers, attend weight loss and health seminars and even receive free massages.

-more-

"My professional and personal mission is to help as many people as I possibly can to achieve their fitness and weight loss goals permanently, and most of all, safely. I want people to understand that 'the quick fix' does not work. There is a more effective and enjoyable way to improve your body, your health and your wellbeing, and Synergize! provides this experience." Shondelle concludes, "The bigger and better Synergize will be Broward County's, if not South Florida's, ultimate fitness mecca!"

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.

###