

For Immediate Release

November 11, 2009

**One To One Fitness “Team Fitness Challenge Competition” A Success!
Raises \$30,000 for Kids in Distress**

October 17, 2009, Coral Springs, Florida – On Saturday, October 17th, One To One Fitness owner Manuel Mair held the 6th Annual ‘Kids In Distress Benefit’. This year fun and fitness were taken to a whole new level as participants competed in teams with a Truck Pushing Contest, Team Tire Flipping Relay, 50 Meter Relay Race, Jump Rope Contest and a Tug-of-War Contest.

Teams were each asked to raise a minimum of \$1,500 in pledges to benefit Kids In Distress, a leading force and authority in prevention of child abuse, preservation of families, and treatment of children who have been abused and neglected. With a vision of “A Community of Safe and Healthy Children in Loving Families,” KID is responsive to the growing and ever-changing needs of the community. Last year, KID served more than 6,000 children and their families.

“I would really like to thank everyone for coming out to our event and showing such enthusiasm in their support for Kids In Distress and health and fitness,” commented One To One Fitness Owner, Manuel Mair. “We are so grateful to Manny, his staff and friends, for an epic year of fund raising. In such a turbulent economic climate, Manny was able to motivate everyone to come together as a team, tripling his efforts from years past to raise nearly \$30,000 for Kids In Distress. We depend on community partners like Manuel Mair and the wonderful example that he sets for the youth in our community.”

This year’s event also had some great auction items up for bid that contributed to the fund raising efforts, and included items such as a signed Roberto Luongo Vancouver Canucks’ jersey and stick, Olli Jokinen Calgary Flames hockey stick and Florida Panthers team jersey and hockey sticks, Bank Atlantic Center game tickets, sports memorabilia from Olympic swimmer Dara Torres of Fitness Nutrition, and Miami Dolphins signed football.

Sponsors for this year’s event included Mercedes-Benz of Fort Lauderdale, Pure Energy Entertainment, John A. Bellavia, Inc., Maroone Nissan of Delray, Coldwell Banker Real Estate, Starr Wheel Group, Wholesale Carrier Services, Inc., Nations Health, Inc., Morgan Stanley, ABM Security Services, Greenberg Traurig, GameWars and Mario Ristorante in Coconut Creek.

One To One Fitness is a state-of-the-art personal training facility located in Coral Springs where owner, Manuel Mair, trains NHL Superstar Goalie Roberto Luongo and Olli Jokinen, Center for the Calgary Flames in the off-season and other top high school, collegiate and professional athletes. Mair also trains the owner and the Executive Team of the Florida Panthers and Bank Atlantic Center.

For more information about One To One Fitness and Kids In Distress, please visit their respective websites at www.onetoonefitness.us or www.KidsInDistress.org or call One To One Fitness at 954-796-7001.