

Natalie Mikolich
Elite Promotion Inc.
(561) 414-4047
323 NE 6th Avenue
Delray Beach, FL 33483
natalie@elitepromotioninc.com

For Immediate Release

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Local Fitness Studio to Raise Money for Kids in Distress

August 25, 2007, Coral Springs, Florida – On Saturday, September 29, 2007 One2One Fitness owner Manuel Mair and staff will hold their fourth annual charity event to raise money for Kids in Distress – a local children’s agency dedicated to the prevention of child abuse, the preservation of the family, and the care and treatment of abused and neglected children.

The event will take place from 12 p.m. to 4 p.m. outside of the One2One Fitness private training studio in Coral Springs, and will have a bounce house for kids, music, and auction items from the Florida Panthers and NHL superstar goalie Roberto Luongo.

One2One Fitness is a private training studio that offers personal and group training sessions for adults, family nutritional education, and group classes for kids. Owner Manuel “Manny” Mair is also the official promoter of the Southern States Fitness & Figure Competition and works with elite high school, collegiate, and professional athletes such as NHL superstar Roberto Luongo. Recently, two of Manny’s baseball high school athletes were drafted to top MLB teams.

For more information about the fundraising event for Kids in Distress please call (954) 796-7001 or visit www.one-2-one-fitness.com.

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