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### **Fitness Together Names Dr. Janet Brill Director of Nutrition**

HIGHLANDS RANCH, Colo. – February XX, 2009 – Fitness Together Franchise Corp., the world’s largest business of personal trainers, has named famed author, speaker and media spokesperson Janet Brill, Ph.D., [“Dr. Janet”] as director of nutrition for the organization. One of the most noted experts on diet, nutrition and fitness, Brill has entered into an exclusive relationship with Fitness Together and its growing network of almost 500 fitness studios to provide services for a proprietary nutrition and wellness program that franchisees will be able to offer their clients.

“Janet has earned a reputation as a health and wellness expert across the country, and we are extremely excited to welcome her to the Fitness Together family,” said Jeff Jervik, president and CEO of Fitness Together Holdings, Inc. “She is an accomplished leader in her field, and her position with Fitness Together means introducing the heightened role that diet and nutrition assume when getting in shape the healthy way.”

A regular in the media, Brill is an authority on the topics of obesity and cardiovascular disease prevention. She has been a frequent guest nutrition expert on Lifetime Television’s “The Balancing Act.” She also has authored several articles in scientific journals as well as mainstream press, including: the *International Journal of Obesity*, the *ACSM Health & Fitness Journal*, *Shape*, *Prevention*, *Men’s Health*, *First for Women*, *Woman’s World* and more.

As director of nutrition for Fitness Together, Brill will work closely with franchisees to create a science-based nutrition program for clients designed to promote health and to reduce the risk for major chronic diseases.

“Fitness Together is committed to bringing fitness and nutrition together to help our clients reach their highest goals,” Jervik said. “We offer our clients the best fitness expertise in our industry with personal trainers, and Janet will introduce the best complimentary diet and nutrition information for a truly balanced program.”

Brill holds master's degrees in dietetics and nutrition and exercise physiology and a doctorate in exercise physiology. She is a licensed and registered dietitian and has certifications from the American College of Sports Medicine, National Strength and Conditioning Association and Wellcoaches, Inc.

**About Fitness Together Franchise Corp.:**

Established in 1996 in response to the growing demand for personal fitness training, Fitness Together offers the latest in one-on-one personal training. Based in Highlands Ranch, Colo., Fitness Together is part of Fitness Together Holdings, Inc., the world's largest wellness organization. There are now more than 490 Fitness Together franchise locations throughout the United States, Costa Rica, Israel, Ireland, and Canada. For additional information, log onto [www.fitness-together.com](http://www.fitness-together.com) or call 877.663.0880 ext. 10.

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