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For immediate release

## Pilates for Pink Raises Money for Breast Cancer Research

(October 21, 2007) Living Fit Today joined Shape magazine and other Pilates studios nationwide to raise funds for *The Breast Cancer Research Foundation*. Perfect weather and a waterfront breeze drew an enthusiastic crowd of Pilates Enthusiasts at Providencia Park in downtown West Palm Beach.

*Pilates enthusiasts helping to find a cure!*



Living Fit Today's founder and Certified Pilates instructor Therese Abair conducted a special Pilates Mat class, a form of exercise that focuses on strengthening the abdominal muscles and improving posture. Shape magazine challenged studios to each raise \$250. Living Fit Today's event raised \$410. **100% of the proceeds were donated to The Breast Cancer Research Foundation.**



“We were pleased with the turnout. - Throughout the year, we teach several free outdoor classes and this was our first fundraiser and we didn't know what to expect. It was a success; we beat our goal. Thank you to all those who supported this event.” said Abair.

*Shown here with the “check” to The Breast Cancer Research Foundation, Living Fit Today's founders, Jerry Jefferson (l) and Therese Abair (r) are all smiles with the success of their first fundraising event*

Living Fit Today is a mobile fitness company, specializing in Pilates and Yoga that offers uniquely designed fitness programs by certified professionals for business and within the community. Their mission is to assist others to achieve a healthier lifestyle through physical fitness in a professional, inviting and safe environment. For more information call 561-281-5895, email: [info@LivingFitToday.com](mailto:info@LivingFitToday.com) or web: [www.LivingFitToday.com](http://www.LivingFitToday.com)

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