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FOR IMMEDIATE RELEASE

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**Pilates 4 Pink! Outdoor Pilates Mat fundraiser is a win-win combination.**

*100% of proceeds donated to Breast Cancer Research Foundation*

Living Fit Today joins Shape magazine for a second year in a row to raise awareness and funds for *The Breast Cancer Research Foundation*.

A special outdoor Pilates Mat class will be held Sunday Oct 19<sup>th</sup>, 8:30AM-9:30AM at Providencia Park in West Palm Beach (Palm Beach Lakes Blvd. at Flagler).

Minimum donation: \$10 per person.

While experience is not necessary, we recommend all participants bring water, a blanket or towel, and sunscreen. This class is designed for all fitness levels.

Jerry Jefferson and Therese Abair, Living Fit Today's founders and WPB TV Comcast Ch 18's fitness professionals, are pleased to donate their time and Pilates expertise for this worthy cause. 100% of proceeds collected will be donated to *The Breast Cancer Research Foundation*. "Last year's event raised over \$400 and we look to double that amount on the 19<sup>th</sup>," said Therese Abair.

Pilates (pronounced puh-LAH-teez) is a combination of low impact movements designed to train and condition the body from the inside out. These exercises effectively work the "core" (abdominal) muscles creating stronger, leaner muscles, and improving posture.

Living Fit Today is a mobile fitness company, specializing in Pilates and Yoga that offers workplace fitness for local businesses and free events for the community. For more information call 561-281-5895, or visit: [www.LivingFitToday.com](http://www.LivingFitToday.com)

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