

PRESS RELEASE

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FOR IMMEDIATE RELEASE

Christine's - *Get Back Your Body* - Grand Opening Event

YES,

You have probably seen this face and heard this voice before.



Christine Steiger today announced the GRAND OPENING of Christine's second location:

Christine's Fitness & Personal Training
457 Richmond St. W. (at Spadina).

Throughout the 1980's and 90's Christine was all over radio and television as the spokesperson and later co-owner of the highly successful fitness chain Super Fitness, at one time the largest in the country.

Between 1979 & 1999 over 100,000 members passed through the doors at Super Fitness. A first-rate fitness study group that Christine followed worked with and learned from for 20 years.

Since selling her interests in Super Fitness in 1999, Christine has been quietly running her ultra-exclusive women's only fitness oasis, Christine's, located in the heart of Toronto's Rosedale district on Yonge St. near Davenport.

Providing only the very best of services and amenities, Christine's exclusively all female staff provides the ultimate in personal training and related services.

Equipment is specially sized for women and Christine's is the only health club with private bathrooms complete with showers, just like home.

SPECIAL GUEST

Joining Christine and her staff at the November 30th Grand Opening will be OXYGEN magazine feature writer and fitness model Tosca Reno.

Reno 47, knows all about overcoming the diet and exercise challenges that most women face. In fact for most of her adult life her 5'8" frame carried over 200 pounds.



Now, a healthy and fit 138-pound fitness model and mother of three, she's out to help Canadians take control of their lives and learn to live a clean-food lifestyle.

According to Reno, part of the problem many people have is confusing diet (nutrition) with dieting.

All attendees on Nov 30th will go on a list to receive a copy of Tosca's newest book 'The Eat-Clean Diet' when it comes out Jan '07.

Come meet Christine, her staff and Tosca Reno on Thursday November 30th.

at

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457 Richmond St. West (at Spadina)

Visit Christine online at www.ChristinesFitness.com