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CONTACT:
Anthony Scaglione
L&T Health and Fitness
610-385-3085
a.scaglione@ltwell.com

L&T Health and Fitness Applauds U.S Government's First-ever Physical Activity Guidelines for Americans

Falls Church, VA: The Department of Health and Human Services launched today the first-ever Physical Activity Guidelines for Americans. We are in the midst of an obesity epidemic whose effects can be felt across America. According to the U.S. Centers for Disease Control, adult obesity rates have doubled since 1980, from 15 percent to 30 percent. Childhood obesity rates have nearly tripled since 1980, from 6.5 percent to 16.3 percent. Obesity and physical inactivity in America are negatively impacting the economy and even worse; are putting people's lives at risk. That is why, L&T, together with other members of the International Health, Racquet and Sportsclub Association (IHRSA), fully supports and aligns itself with the 2008 Physical Activity Guidelines for Americans.

The new Physical Activity Guidelines are a comprehensive resource, based on scientific studies, that provides guidance on the importance of physical activity in preventing disease and improving overall health for Americans. "It's important for all Americans to be active, and the guidelines are a roadmap to include physical activity in their daily routine," HHS Secretary Mike Leavitt said. "The evidence is clear -- regular physical activity over months and years produces long-term health benefits and reduces the risk of many diseases. The more physically active you are, the more health benefits you gain." The Guidelines offer specific suggestions of types and duration of physical activity for adults, children, adolescents, and people with disabilities and chronic diseases. They are applicable to people at any fitness level and can be personalized to achieve a variety of health and fitness goals.

The Physical Activity Guidelines align with the continuous effort by the health and fitness industry to change the direction of obesity in the U.S. through exercise and healthy living. "Our organization is excited about the first-ever Physical Activity Guidelines and we believe they represent a positive step forward towards educating the inactive population of the importance of movement," said Anthony Scaglione of L&T. "The Guidelines provide an opportunity to encourage the greater majority of Americans to incorporate physical activity into their daily lives and to use the new guidelines as a goal". Anthony Scaglione of L&T added, "The end goal is to have Americans embracing daily physical activity in way where it becomes as habitual as brushing your teeth".

For additional information about the worksite health and fitness programs at L&T, visit www.ltwell.com. For information about the U.S. Department of Health and Human Services 2008 Physical Activity Guidelines for Americans, please visit <http://www.health.gov/PAguidelines>.

About L&T

As an award-winning national provider of worksite fitness and wellness programs for 25 years, L&T is a one-stop shop for your organization's fitness and wellness needs. From facility design and planning to fitness center management, health screenings and health fairs, L&T customizes services to give you the best value and your employees the best results.

L&T currently manages over 40 fitness/wellness centers in nine states and the District of Columbia. Management services include hiring, training and evaluating staff, strategic planning, targeted fitness/wellness programming, financial management, recreational programming, group exercise class instruction, personal training, and data management and reporting.

Our clients include Fortune 500 corporations, the U.S. military, federal and state governments, hospitals, and community organizations.

About IHRSA

The International Health, Racquet & Sportsclub Association (IHRSA) is a not-for-profit trade association representing health and fitness facilities, gyms, spas, sports clubs, and suppliers worldwide. The association's membership includes over 9,100 clubs in 78 countries, along with over 730 industry suppliers.

As it looks to the future, IHRSA is committed to taking a leadership role in advancing physical activity, which is critical to America's health and the battle against obesity and disease. IHRSA supports effective national initiatives to promote more active lifestyles and is working to pass laws that will help affect societal changes toward a more fit America.

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