

**Press Release**

February, 2012

**Five Points Fitness Introduces Exercise Program for People with Health Conditions**
Five Points Fitness, together with MedaFit, introduces a personal trainer-based, small group exercise program for people living with serious and chronic health conditions.

Beginning in March, Five Points Fitness, in conjunction with MedaFit, a California non-profit, will offer a 12-week exercise program specially designed for people living with serious and chronic health conditions. The program is intended to link individuals and their medical team with an exercise routine specifically designed for people with certain medical conditions such as cancer, diabetes, arthritis, osteoporosis, Parkinson's, MS, depression, and stroke.

The small group exercise program features personal and custom training with specially certified trainers, which includes resistance and aerobic training. The program will offer two classes each week with a rolling schedule option, so participants can start and finish depending on their schedule. Participants do not need to be a member of the gym to take part in the program. The program is offered at a discounted rate and participants receive full access to Five Points Fitness Center during the 12-week program.

“When I received a serious cancer diagnosis five years ago, it became clear there was little or no exercise support for people with serious and chronic health conditions,” Rick Davis said. “I set about forming MedaFit, the first non-profit in the country, to make it easier to take exercise from the doctor's office to the health club for all serious and chronic conditions. MedaFit is now thrilled to partner with Five Points Fitness to offer the first exercise class in the Bay Area designed for people living with serious and chronic conditions.”

 Five Points Fitness is located at 5651 Paradise Drive in Corte Madera.

For more information on MedaFit, go online at.

**Contacts**

Five Points Tom MacDonald 415 929 9494 [www.fivepointsfitness.net](http://www.fivepointsfitness.net)

 MedaFit Rick Davis 415 388 8480 [www.medafit.org](http://www.medafit.org)