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CELEBRITY FITNESS TRAINER TO MAKE HAMPTONS TEACHING DEBUT

Rebecca Kordecki, a new Southampton resident from the West Coast, will be offering two 1.5 hour introductory sessions of “Gettin’ the Boot,” a fitness boot camp for kids ages 6-9 and 10-12 on Sunday, September 3rd from 8-9:30 a.m. and 10:00-11:30 a.m., a location to be named soon. Please check the website or call for details. Although the event is free to the public, space is limited and reservations are on first come-first served basis.

Ms. Kordecki was a personal trainer, fitness consultant; massage therapist and products spokesperson for more than 15 years in Los Angeles before relocating to the East Coast in February 2006 to serve the New York City and Hamptons communities. Her company originally called Mobile Fitness & Massage has recently incorporated/expanded to a new company, MobileFIT Solutions, Inc. and is based in Southampton. The expanded company will include not only training and massage services, but boot camps for kids and adults, DVD’s workouts, and interactive games for kids as well as home gym design.

Her roster of celebrity clients includes, among others, film legend Raquel Welch, actress Hunter Tylo, actors Scott Wolf and Jim Belushi, athletes “The Rock” and Rick Fox, as well as film director Oliver Stone. A former Ms. Galaxy (Winners Circle) and Tri-Fitness finalist, Ms. Kordecki is also a commercial spokes model/actress for Body by Jake, VKO Boxing, AdvantRX and VERT gym.

Her youth-oriented program “Gettin’ the Boot” is specially designed to help kids ages 6-9 and 10-12 learn fun, motivating ways to be in control – and stay in control -- of their own health. Through the use of innovative games and activities, Ms. Kordecki, who will be leading the upcoming “boot camp” style, open air workout, teaches young people in a self-challenging, but non-threatening/non-competitive environment about making healthy food choices and, of course, about the upside of staying fit and exercising.

“According to the Center for Disease Control, 16% of children between the ages of 6-19 years old (over 9 million) are overweight. This figure has tripled since 1980, and there seems to be an increase in children ages 2 to 6 years old as well. It is truly becoming an epidemic,” says Ms. Kordecki. “Knowing and seeing this among my client’s children is why I decided to do whatever I could to help. Over the years, several of my clients, out of desperation with the issue, hired me specifically to create fun and engaging workouts to help their kids lose weight and care about their health.”

The “Gettin’ the Boot” program can also be customized for individuals, couples, groups of friends and birthday parties for kid etc. Ms. Kordecki brings all the necessary materials and can set up easily in a backyard or any open space.

Ms. Kordecki’s career as a health and fitness consultant began 16 years ago after she overcame her own “unhealthy addiction,” as she puts it, through running and weight training. Inspired to pass on her success to others, she left her job and became a personal trainer, receiving certifications from the American Council on Exercise (ACE) and ACSM. She later received further certification as a licensed massage therapist at the Massage School of Santa Monica.

Among the many individually designed services Ms. Kordecki provides to both children and adults is a new workout program and fitness exercise product (coming soon) that she developed to challenge the whole body in one workout that can be done three times a week, in 45 minutes or less, in the privacy of the home. The exercises combine total core, balance and resistance training with movements adapted from yoga and Pilates and what Ms. Kordecki calls “big bang exercises” (movements that work many muscle groups at once) interspersed with cardio intervals.

Ms. Kordecki is currently translating her “Gettin’ the Boot” program for both children and adults to book form and creating a video series of the same name. Additionally, she has written a number of health/fitness articles. Links to some of these articles as well as other information regarding her background or the services of MobileFIT Solutions, Inc. can be found at her website www.rebeccakordecki.com.

More information about the Sunday, September 3rd “Gettin’ the Boot” program for kids can be found at www.gettintheboot.com, including directions to the location. Reservations (required) can be made by emailing info@gettintheboot.com or calling (917) 628-7258.

Rebecca Kordecki can also be reached via cell phone at (917) 628-6637.

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