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HAMPTONS CELEBRITY TRAINER LAUNCHES FITNESS BOOT CAMP FOR KIDS IN NYC

Rebecca Ms. Kordecki, a celebrity fitness trainer now living in Southampton, is bringing her “Gettin’ the Boot” program, a fitness boot camp for kids, to New York City beginning in mid September. Rebecca will be offering a two-hour introductory event, that is free to the public sometime in October, date and time will be announced soon. Space is limited and reservations are on first come-first served basis.

Ms. Kordecki and “Gettin’ the Boot” were recently profiled in *Hamptons On-Line* and Long Island’s *PLUM-TV*. With the 2006 summer season winding down, Ms. Kordecki will be in New York City on a weekly basis and available to offer “Gettin’ the Boot” by appointment to schools or as part of independent after-school programs, or custom designed to family and community special events.

Ms. Kordecki has been 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 Hamptons and greater New York City, including the five boroughs and Long Island, Westchester and Northern New Jersey. Her company, originally called *Mobile Fitness & Massage*, has recently incorporated/expanded to a new company, *MobileFIT Solutions, Inc.* and is based in Southampton. In addition to training and massage services, the expanded company offers boot camps for both kids and adults and home gym design/consultation. In the next few months, workout videos and interactive fitness for kids and families will also be available.

Her roster of celebrity clients includes, among others, film legend Raquel Welch, actress Hunter Tylo, actors Scott Wolf, Jim Belushi, Elijah Wood, 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 spokesmodel/actress for *Body by Jake*, *VKO Boxing*, *AdvantRX* and *VERT gym*.

Her kids-oriented program, “Gettin’ the Boot,” is specially designed to help children 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 teaches young people about making healthy food choices and, of course, about the upside of staying fit and exercising. The learning environment, meanwhile, is self-challenging -- but non-intimidating and non-competitive

meanwhile, is self-challenging -- but non-intimidating and non-competitive so that even less athletically inclined kids don't feel embarrassed or threatened.

“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.”

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 fitness workout program that she developed to challenge the whole body in one workout. The program can be done three times a week, in 45 minutes or less, entirely in the privacy of the home. The workout combines 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.

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

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 upcoming “Gettin’ the Boot” program for kids can be found at www.gettintheboot.com, including location, as it becomes available, directions and an alternative rain date. Reservations (required) can be made by emailing info@gettintheboot.com or calling (917) 628-7258. Ms. Kordecki can also be reached via cell phone at (917) 628-6637.