



Invisible Fitness

Invisible Fitness -- Visible Results

For Immediate Release

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Bad Back, Shoulder, Knee.....and I still get results safely?



LOS ANGELES, CA, July 1, 2006 – People with injuries often do not think they can work out or that their pain will ever go away. Back in late October 2005, JJ Flizanes met with John Oden and Mark Dizik about getting fitness back into their lives. Dealing with injuries is not new for Flizanes and Invisible Fitness, so when John Oden described the bursitis in both shoulders and the swelling that occurs in his right knee after skiing, she knew this would be a fun project!

Mark Dizik had expressed his spinal concerns after experiencing a rupture years ago between two of his lumbar vertebrae along with his already existing scoliosis. The two men had similar goals to increase flexibility, work on strength and balance and getting leaner for their May wedding.

“Investing in your work-out with JJ is a rational way of removing excuses. For me, she worked around shoulder bursitis and an old knee injury; and I know those joints are surrounded and supported by better muscle than before. Obviously she makes the excuse of not liking the gym go away; do not be deceived by her bungee cords and light weights. Using gravity and your own body she can give you a work-out that will push your muscles to their limit.” ~ John Oden /Healthcare Executive

“When I hired JJ and Invisible Fitness, I had two goals in mind, the toning up of my body, and my getting back into a 32 inch pair of tuxedo pants from a 34 plus inch waist (I had a wedding date to meet 6 months away). One of JJ’s challenges was working with someone that had had back surgery and was prone to back soreness. She has managed to successfully challenge me into realizing my goals. Using hand and leg weights as well as some bungee cords, I have re-developed muscles that I long ago lost. Her goal-setting cardiovascular guidance helped me achieve the weight loss necessary to fit into my tuxedo, all this in a manner that was both healthy and one that I can live with for the rest of my life. The convenience of a home visit makes it impossible to find an excuse not to work on a healthier lifestyle.” Mark Dizik / Business Manager in Cancer Research



In 6 months, both men found very pleasing results. John lost 6 pounds, lowered his resting heart rate and blood pressure, lost **5%** body fat and a total of **3.4 inches** around the mid section of his body. Mark lost 8 pounds, lowered his blood pressure, lowered his body fat almost **3%** and lost almost **4 inches** off the mid sections of his body.

John and Mark trained 2-3 times a week in their home with sessions rotating between resistance training, yoga and cardio. They worked also with Invisible Fitness trainer Dianne McFall. It is possible to get fit even with injuries!

A uniquely personalized fitness training company, Invisible Fitness is built on the premise that the invisible creates the visible. Simply put: the things you can't see are more important than what you can.

J.J. Flizanes and her team emphasize the importance of injury prevention whenever starting a new fitness routine and that working with a qualified trainer is imperative.

The hallmark of Invisible Fitness is simply an intuitive approach to fitness – whether it is the already active seeking to transcend their normal routine, or those completely lacking a fitness base. Invisible Fitness delivers expert training direct to clients at their home, the workplace or while traveling.

Comprised of professional trainers holding multiple certifications, Invisible Fitness offers a variety of exertive activities such as kickboxing, yoga, pilates, tennis, dance, and aquatics. Also available are services like agility building, and balance training, weight training, pre and post natal, post rehabilitation and nutrition awareness.

Each fitness program is individually designed to sculpt clients both inside and out. To not only create the best body, but also produce optimum health. No more ho hum workouts. No more drift from the fitness blueprint. Invisible Fitness promises a New Year's resolution makeover beyond the mirror. For more information, please call 1.800.571.5722 or visit online at www.invisiblefitness.com.