

# Health & Fitness: Be More Informed in 2008

Good excuses are harder to come by in the age of information and technology. Paper trails are being replaced by URL trails, making it much more difficult for the dog to eat your homework. Information related to health & fitness has never been more available. So if you've got access to a computer, a wireless PDA, a 24 hour news channel or even a newspaper, there's no reason to be uninformed about current trends in health & fitness. Here's a simple step you can take to be more informed in 2008: Set your internet home page to a URL address that offers a full spectrum of news including a Health, or Health/Living section. Free sites that offer this option are Nytimes.com, Cnn.com or Msnbc.com.

Spend time everyday reading through the latest health trends, guidelines and advances. Many web sites even offer a service that automatically emails you articles related to health and fitness. This service typically falls within a set of options allowing you to "personalize" your home page. Of course, if you prefer the hard copy of your favorite news paper, you're still obliged to examine the health section. You'll be surprised how much you can learn about health and fitness in a single sitting. For those of you who are ready to apply the myriad health benefits of exercise & strength training. We recommend calling Charged! to set up a free, private personal training session and consultation.

Charged! offers all the

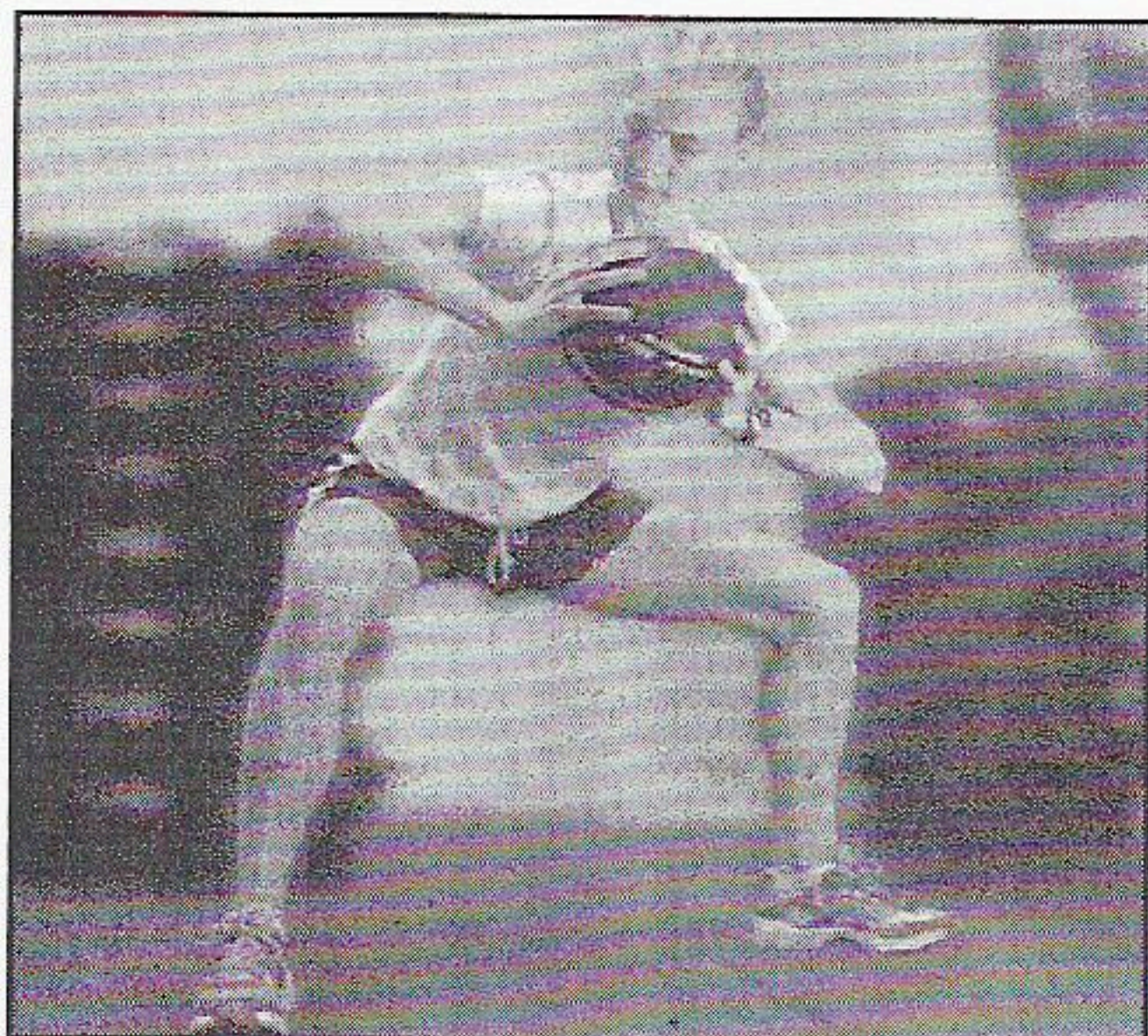
equipment and amenities you would find at a top name gym, but that's where the similarities stop. At Charged!, you get complete privacy, highly qualified/multi certified personal trainers, immaculate facilities and absolutely no judgments. Charged! offers the most focused and effective private personal training around.

Charged! services are by appointment, so call 254.7211, or visit Charged! online at [www.chargedstudios.com](http://www.chargedstudios.com) Be curious. Be informed. There's so much helpful, even criti-

cal information being circulated everyday that can have a positive impact on how you live your life. Make 2008 the year that you become an active participant in charting a course to smarter, healthier living.

*The author, Brett D'Elia, owns and operates Charged! with his wife & business partner Joli D'Elia.*

*Charged! is located at 1275 Post Road in Fairfield @ The Brick Walk, behind the Bagel King. Brett & Joli D'Elia Charged! 1275 Post Road Suite A-20 Fairfield CT, 06824 P 203.254.7211 [www.chargedstudios.com](http://www.chargedstudios.com)*



A brisk workout at Charged!

## CHARGED! PERSONAL TRAINING STUDIOS



**your trainer • your studio • your success**  
call 254.7211 to schedule your free consultation,  
or email us at [training@chargedstudios.com](mailto:training@chargedstudios.com)

PERSONAL TRAINING CENTER by appointment only  
1275 Post Road Suite A20 Fairfield CT 06824 203.254.7211  
located behind Bagel King [training@chargedstudios.com](http://training@chargedstudios.com)

