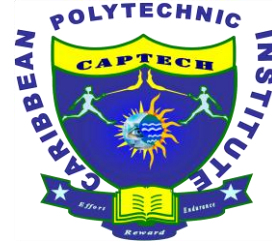


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Press Release

For immediate release



*"Educational Excellence
For Fitness Professionals"*

W.I.T.S. - PERSONAL FITNESS TRAINER CERTIFICATION

Come join this fun profession and be part of what Fortune Magazine & ABC NEWS.com calls "the 4th hottest job in the US at a national average of \$34 an hour." Employers like 24 Hour Fitness and Gold's Gyms are just a few of the club groups that seek out graduates of this program. There is also a growing demand for fitness trainers in Jamaica. Whether a career move or for your own personal knowledge, get all the information you need to become a Certified Personal Trainer. This challenging course taught over an 8-week period for better retention and skill competency. This course is comprised of 16 hours of lecture, 16 hours of hands-on practical training, and a 30-hour internship that networks many graduates right into a job. The course prepares you for success with key topics that include biomechanics, exercise physiology, fitness testing, and equipment usage and health assessment. CPR/AED is required to receive the certificate, and is NOT included in this training. W.I.T.S. is the only major certifying body in the USA providing comprehensive practical training and internship components.

W.I.T.S. is an approved CEU provider for the Board of Certification for Athletic Trainers (BOC), the American Occupational Therapy Association (AOTA), and National Certification Board for Therapeutic Massage & Bodywork (NCBTMB), Veterans Training and Education the International Association of Continuing Education and Training (IACET). W.I

FREE ONLINE ORIENTATION - SATURDAY — March 2, 2013 from 9:00am to 10:00am

Instructor: Floyd Francis, ASc. Physical Ed. BSc. Ex. Science