

August 11, 2004

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**TOWN HALL MEETING INVITATION
HEALTH IN A HEARTBEAT: EMOTIONAL FITNESS IN AMERICA**

SACRAMENTO, CA The public is invited to attend a Town Meeting addressing the issue of how our emotions affect our health and happiness, both at home and in the community. A panel of health and fitness experts will share the most recent research related to emotional and physical health, and the public is invited to join in the discussion with questions and comments.

Members of the expert panel will include Carl Foster, Ph.D., University of Wisconsin, and President of the American College of Sports Medicine; Dan Rudd Ph.D., psychotherapist, consultant, and author of *Health In A Heartbeat*; Sally Edwards, professional athlete and author of over 20 books on health, fitness, and sports; and Pilar Gerasimo, Editor in Chief, *Experience Life Magazine*. The Town Meeting, held Friday evening, October 1st, is the lead-off event of the third annual Heart Zones International Education and Fitness Training Conference, to be held October 1-3, 2004 in Naperville, Illinois. The Town Hall Meeting is free to the public.

It is well-documented that a sedentary lifestyle, constant stress, and poor eating habits are taking a huge toll on the health of America. We are bombarded on a daily basis with news of drastically rising rates of obesity, anxiety, depression, diabetes, heart disease, and soaring health care costs. Approximately 80% of all visits to a physician are for stress-related or stress-induced illnesses. While the National Institute for Mental Health recently reported that people who live in a state of high anxiety are 4.5 times more likely to die from a heart attack or stroke.

The good news is that the remedy for many emotional and physical symptoms is simple and inexpensive. The Heart Zones organization has developed training programs for both physical and emotional fitness, showing individuals, families, organizations, and communities how to dramatically improve their levels of fitness. Recent research has shown that fitness is the best indicator of longevity, and that good health is a crucial factor in happiness.

For more information about the Town Meeting and the 3-day Heart Zones International Education and Fitness Training Conference on October 1-3, including details on curriculum, faculty, times, and fees, go to <http://www.heartzones.com> or contact Heart Zones Seminar Coordinator Stephanie Gaiser at 630-768-2734. Conference brochures are available by e-mail request to "staff@heartzone.com".

About Heart Zones. Heart Zones is the world leader in training and education programs using the heart and the heart rate monitor. Since 1994, the company has been developing programs, educational events, publishing books for schools, athletes, weight management, cycling, and personal training applications.

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