

**PERSONAL TRAINING STUDIO INVITES SAN DIEGO TO LOSE WEIGHT AND FIGHT AUTISM:**  
Addie's Studio 6th Annual Remodel Your Body™ Challenge to benefit the San Diego Chapter of the Autism Society of America

SAN DIEGO, January 2008 - Addie's Personal Training Studio, boutique-style fitness studios located in Pacific Beach and La Jolla at University Towne Center, announced today that their sixth annual Remodel Your Body™ Challenge (RYB) will benefit the San Diego Chapter of the Autism Society of America (SDASA).

The Remodel Your Body™ Challenge is an eight week fitness challenge open to San Diego residents looking to get in shape for a great cause. The goal is to lose the most relative body fat in eight weeks. There is a \$50 entry fee for each challenger. For an additional \$50, participants will receive seven 50 minute boot camp workouts at Addie's Studio's UTC location. All entry fees, including the boot camp option, will go directly to SDASA.

For the past five years, RYB has raised significant money to benefit the MS Society. However, husband and wife team Tyler and Addie Merrill had recently learned about the Autism Society of America when their first-born daughter was diagnosed with Autism in 2007 at age 3 "For parents, a diagnosis of Autism requires a fast learning curve," said Addie Merrill, "we have been incredibly impressed with the support services available through the Autism Society and wanted to leverage our experience in community outreach to benefit this impressive organization."

Estimates of the total number of people in San Diego with an Autism Spectrum Disorder (ASD) vary, although one local Autism organization has suggested as many as 5,000. There are currently over 2,100 San Diego Regional Center Clients with a diagnosis of Autism. "As an organization run by volunteer parents and professionals, we are thrilled to have been chosen by Addie and Tyler Merrill as beneficiaries of their annual fundraising event!" said Cheri Cary, president of SDASA "Our children's camps all have waiting lists, and additional funds raised at community events like Remodel Your Body can mean the difference between a child at camp or a child on a waiting list."

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