

PERSONAL TRAINING STUDIO RAISES \$9,200 IN THE FIGHT AGAINST AUTISM:

Addie's Studio 6th Annual Remodel Your Body™ Challenge benefits the San Diego Chapter of the Autism Society of America

SAN DIEGO, April 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) raised over \$9,200 for the San Diego Chapter of the Autism Society of America (SDASA).

The Remodel Your Body™ Challenge is an annual, eight-week fitness challenge open to San Diego residents looking to get in shape for a great cause. This year, 130 volunteer participants raised more than \$9,200 to provide much-needed funding to the Autism Society's children's programs. The collaboration also marked the first time that the Autism Society, an organization run completely by volunteer parents and professionals, had combined fitness with fundraising.

The RYB challenge included a \$50 entry fee for each challenger and for an additional \$50, participants received seven 50 minute boot camp workouts at Addie's Studio's UTC location.

For the past five years, RYB has raised significant money to benefit the MS Society. However, husband and wife team Tyler and Addie Merrill chose to shift benefactors this year after first-born daughter was diagnosed with Autism in 2007 at age 3.

"We are so proud to be able to support the Autism Society," said Addie Merrill. "Tyler and I have been so impressed with their support services and are excited to be able to help contribute to their important programs."

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.

"Thanks to the generous support of Tyler and Addie Merrill, their personal training team, and all the volunteer participants, we will now be able to better support more children," said Cherri Cary, president of SDASA. "Our children's camps all have waiting lists, and the additional funds raised through Remodel Your Body will mean the difference between a child at camp or a child on a waiting list."

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