

## **LOCAL SAN DIEGO RISKTAKER WITH MS FINDS HER LIFESAVER IN SPECIALIZED FITNESS PROGRAM**

SAN DIEGO, CA--Aug. 01, 2007--A former professional rock-climber, skydiver and lawyer, 50-year old Cynthia McGrew isn't one to sit back and let life happen. After being diagnosed with MS (Multiple Sclerosis) back in 2000, McGrew listened when her doctor suggested she begin strength training in order to maintain mobility. Although the entire McGrew family belongs to one of the most prestigious big box gyms in North County, this mother of three young children was unsure about working with a trainer who didn't fully understand the nature of her disease. One evening while attending a seminar hosted by the MS Society, she became intrigued by a fitness program they endorsed called MSF.I.T.T., (Functionally Integrated Traditional Training), developed and executed by a small, personal training gym in Pacific Beach called Addie's Studio.

McGrew began training with the personal trainers at Addie's, all of whom have received extensive training and specialized knowledge to work with MS Clients. For the next five months, McGrew developed her strength, stamina, and mobility. Feeling great, McGrew decided to take a few months off. Within one month, she noticed an increase in fatigue and decrease in overall body strength. She immediately reinstated her 3x a week workout program. "Since then, I have lost two dress sizes and feel stronger than I did when I was rock-climbing," said Cynthia McGrew. "But most importantly to me as a mom with a busy, active family, is that my fatigue is totally gone. I attribute this completely to the specialized training I get working with the personal trainers at Addie's Studio."

McGrew, who now trains at Addie's second UTC location, loves the semi-private, non-intimidating atmosphere, personalized attention, and whole body approach she experiences working out at a place that caters to baby boomers like herself. In addition, this outdoors woman appreciates that her trainers continually update and modify her workout routine so she never gets bored.

Multiple Sclerosis is a chronic, disabling disease that randomly attacks the central nervous system. The individual progress, severity and symptoms of MS are unpredictable. "Our MS exercise program is revolutionary," says Tyler Merrill, co-owner of Addie's Studio, and clinical advisor committee member of the MS Society's Pacific South Coast Chapter. "We address each individual's specific limitations with our unique training approach." Through MS FITT, Addie's Studio has worked successfully with several hundreds afflicted with Multiple Sclerosis to increase mobility, balance, and strength to improve quality of life.

About Addie's Personal Training Studio: Addie's Studio provides a boutique approach to fitness, offering customized personal training sessions geared toward specialized populations at fully equipped exercise studios that allow you to train in the comfort of a non-intimidating, semi-private, by-appointment-only environment. Our personal trainers utilize their superior knowledge of exercise physiology and training techniques to provide with expert guidance that fits your available time, physical goals and capabilities. Through MS FITT, the only MS fitness program endorsed by the MS Society's Pacific West Coast Chapter, Addie's Studio has worked successfully with several hundreds afflicted with Multiple Sclerosis to increase mobility, balance, and strength. At Addie's Studio, we not only help you set and achieve your fitness goals – we help you change your life. Voted Best Place to Train for San Diego Boomers by San Diego Magazine. Located in Pacific Beach and La Jolla at UTC in San Diego, CA.

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