



**MEDIA ADVISORY**

**FOR IMMEDIATE RELEASE**  
**Monday, Nov 21, 2011**

**Fitterfirst Hosts Free Seminars that Focus on 'Reviving the 9-5'**

**Calgary, AB** – There is an ongoing pandemic that is affecting people in office environments all over the world. Recent research has found that sitting in a chair for lengthy periods of time has severe health risks that are slowly deteriorating the workforce. To combat this negative trend, Calgary based company, Fitterfirst, will be hosting free interactive information sessions for anyone who wants to break from the mold and 'Revive the 9-5'.

Research has shown that people who sit for more than six hours a day are 37% more susceptible to muscle fatigue, reduced blood circulation, diabetes, cancer and other life threatening diseases. Sitting for long periods of time has coined the term, 'the sitting disease'.

To aid in the fight against this prevalent disease, Fitterfirst President, Louis Stack, will be hosting free interactive information sessions at the Fitterfirst headquarters once a month to help educate interested guests. As a renowned public speaker and expert in the field, Louis will take an in-depth look into the situation at hand, address solutions to counteract the problem, and suggest strategies that can be implemented within the office environment.

**When:** November 26, 2011  
9:00am -10:00am

**What:** 'Reviving the 9-5' Information Seminar

**Who:** Louis Stack – President and CEO, Fitter International Inc.

**Where:** 2600 Portland Street Southeast #3050  
Calgary, AB T2G 4M6

**All attendants will receive a 15% off coupon to all Fitter products.**

Interested attendants must send an RSVP to [mstack@fitter1.com](mailto:mstack@fitter1.com) to confirm their spot. Dates for following seminars will follow. **Attendance is limited.**

***For more information about Fitterfirst, please visit [www.Fitter1.com](http://www.Fitter1.com).***

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