



ON TAPE

TV TAKES

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FUN AND FITNESS



SO YOU'RE TIRED OF THE SAME OLD WORKOUT ROUTINE AND YOU FEEL COMPLETELY UNMOTIVATED TO EXERCISE. WELL, WHAT IF THERE WAS A WAY TO ACTUALLY HAVE FUN WHILE SHEDDING POUNDS? FITNESS EXPERTS SAY THERE IS. YOU CAN DANCE. (EXISTING DANCE FOOTAGE)

(CUT TO MICHELE STANTEN. BEGIN *SOUND BITE*):
“EVERYONE KNOWS THAT DANCING CAN BE SO MUCH FUN AND NOW HEALTH PROFESSIONALS ARE REALIZING THAT THERE IS A LOT OF BENEFITS THERE. IT CAN GET YOUR HEART RATE UP, YOU BURN CALORIES AND IT CAN BOOST YOUR MOOD.” (END *SOUND BITE*)

SINCE DANCE IS SO MUCH FUN AND HAS BEEN IDENTIFIED AS ONE OF THIS YEAR'S BIGGEST FITNESS TRENDS, THE EXPERTS AT PREVENTION MAGAZINE HAVE DEVELOPED A NEW EXERCISE D-V-D CALLED "PREVENTION FITNESS SYSTEMS: EXPRESS WORKOUT DANCE IT OFF." IT FEATURES DANCE EXPERT JENNIFER GALARDI (GUH-LARR-DEE) IN A FAT-BURNING CARDIO WORKOUT. FOUR TEN-MINUTE ROUTINES ARE SET TO HIP-HOP, LATIN DANCE, JAZZ AND BALLET. BONUS SEGMENTS PROVIDE WAIST-WHITTLING ABDOMINAL MOVES THAT ARE FAST AND EFFECTIVE.

AS WITH ANY EXERCISE PROGRAM, CONSULT A DOCTOR BEFORE YOU BEGIN. FOR MORE INFORMATION AND TO ORDER, VISIT PREVENTION-VIDEOS--DOT--COM.