

**FOR IMMEDIATE RELEASE
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FIRM HOSTS “MR. OLYMPIA” AT FITNESS PROGRAM.



There's nothing quite like working out with Mr. Olympia to spur on a personal fitness goal.

That's what employees of Pretty Products are learning after a "functional training" program began at the company last week.

Company owner and CEO Jeffrey Willis, who is a friend of eight-time Mr. Olympia Lee

Haney, invited Haney to the company to work out with his employees. Willis an avid weight trainer and member of multiple health and fitness clubs, was looking for ways to reduce health-care costs for his employees, company officials said.

Willis trains with Haney and learned that he introduced an accessible, affordable and achievable program called "Functional Fitness" – a Functional Training Exercise Program. Like Willis, Haney wanted to find a cost effective way to help people become healthier and lower the cost of health care insurance. Haney also knows that Functional training is the ultimate fitness program in giving the body everything it needs to manage age in a way that is attainable, the company said.

Functional Training works for those of any age. Functional Training imitates the natural everyday physical function of our daily activities. For example, we push (close doors), we pull (open doors), we bend (reach down to pick up items), we jog (when in a hurry). Functional Training combines strength exercise, core exercise, cardio-vascular and stretching exercises. No special equipment or machines are required, no membership dues or locker fees. "I wanted to encourage my employees with at no additional cost to their budgets and at a convenience", said Willis, who had an unused portion of the company's building renovated for a training and workout space.