

**RECOMMEND to**

**RELIEVE STRESS and GET FIT**

Ever joined a gym for \$1,000 and then used the facilities only a few times? We've all been there! Usually, we really didn't know what to do--what exercises would be best for our situation.

What we need is a **PERSONAL TRAINER** -- someone trained and dedicated to ensuring that you reach your goals!

That's what you get at

**BREATHE FITNESS STUDIO**

1055 Rt. 22 East, Mountainside (next to Lowes Theatres)

**908-301-0123**

Mention **Teri Malone's Website** for  
a **FREE Personal Training Session**