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Celeb Fitness Expert Guides Clients Through Intuitive Fitness to Create Ultimate Results: *Tapping Into Each Individuals' Inner Strength and Spirit to Create Lifelong Fitness*

*Newport Beach, CA---July 14, 2008--*Throughout fitness circles and within a rapidly increasing sphere of influence, Jeri Lynn Sunok's name is synonymous with *fitness*. As an award-winning bodybuilder and model, acclaimed personal trainer, fitness writer and editor, Muay Thai kickboxer, Reiki practitioner, and spiritual mentor, she has the credentials and expertise to work with celebrities and high-profile CEOs.

"Jeri's training and her whole-fitness philosophy got me the role of Jake, bringing me fame, fortune, and a wake-up call about my body and living life fully," says Tom Eplin, Emmy-winning daytime drama star. Her method has helped many celebrities who have seen the gurus come and go--Kathy Smith, James Brolin, Rick Dees, Kim Basinger, among others.

For more than 30 years, Sunok has taught hundreds of clients and countless readers how to get the body they feared they could never achieve, maintain, or love, by infusing balance, serenity, and fun into their frenetic lives. "Her hallmark is reaching inside of her clients' spirits and pulling out their hidden best," says Dr. Janice Seibert. "Jeri generates thought-provoking choices and answers that come from within the client, within a condensed time, creating lasting results."

Who takes exercise from average to extreme dedication? Jeri's clients do! Debi, a middle-age woman from L.A., thanks Sunok for teaching her to persevere in a crisis, which saved her from rape and murder during a violent attack. A 66-year-old CEO from Newport Coast in Orange County praises Jeri's integrative fitness concept for getting him in top shape to climb Mount Kilimanjaro, at 19,340 feet the world's highest freestanding mountain. Sunok herself admits that without her compassionate fitness approach, she might not have survived her personal battles with compulsive overeating, a paralyzing health ailment, exercise boredom, and search for self-love.

Sunok creates fitness and “mindful-eating” plans for each client. “I get to the heart, unveiling a person’s story of defeat or promise,” says Jeri. “I give clients the tools to go from awareness to powerful results, from conflict to acceptance, from ego to reality and self nourishment.” She executes her ever-changing 30-day workout cycles in segments of weight training, neuromuscular skills, yoga, kickboxing, stretching, meditation, anatomy awareness, and more. Jeri is “notorious” among clients for her seemingly never-ending ab exercises and 100 and 200 reps Ab Club.

Jeri, who studied sports medicine in college, was a fitness pioneer at age 19, in 1981, and developer and trainer of the Corporate Fitness Program for *Columbia/Universal Television*, working with celebrities in front of and behind the camera. Since then she’s had hundreds of informative and provocative fitness articles published worldwide as a writer and editor for *FLEX* magazine and other top fitness publications, and she has been featured in more than 20 magazines. She is the creator of Fitboxingsm, a popular 40-minute workout for all ages, as well as a Reiki practitioner, a certified Hot Stone therapist, a student of Buddhism, and a dedicated meditator.

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