

NEWS RELEASE
FOR IMMEDIATE RELEASE
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SUFFOLK WELCOMES GODHAP 4 FITNESS CENTER TO CREEKSIDE VILLAGE SHOPPING CENTER

On Saturday, July 17, 2010 at 10:00 a.m. join Suffolk Mayor Linda T. Johnson and owner Rodney Sanders for a Ribbon Cutting for GODHAP 4 Fitness, located in the Creekside Village Shopping Center on Bridge Road and Lee Farm Lane. GODHAP 4 Fitness offers 1-on-1 personal training, group sessions and goal-specific programs. This new fitness center aims to create a fitness space that caters to all people, offering a revolutionary workout experience that will challenge individuals toward achieving their goals.

Mr. Sanders has worked in the fitness industry for over 20 years. He not only offers personal fitness training but also nutritional training as well. His nutritional training plan combines whole food nutrition, one-on-one counseling, your own personalized weekly meal plans including weekly grocery list and recipes for each meal, and an effective exercise programs to enhance body fat loss. During this Healthy Body Fat Loss program, participants receive nutritional counseling and are shown how to incorporate realistic and moderate amounts of exercise including strength training and cardiovascular fitness into their lives.

“Our goal is to help you create healthier eating and exercise habits that will serve as the foundation for your lifestyle change” said owner Rodney Sanders.

“GODHAP 4 Fitness is an excellent compliment to the surrounding neighborhoods and companies,” said Suffolk Mayor Linda T. Johnson. “This new fitness and nutrition facility will help enhance the quality of life of our citizens.”

GODHAP 4 Fitness is located at 3235 Bridge Road. Hours of operation are 6:00 a.m. – 8:00 p.m. Monday – Saturday, by appointment only. For further information contact Rodney Sanders at 757.483.0263 or email him at GODHAP4fitness@aol.com.

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