

Deb will bring her own Body Fat Analyzer to help Fair participants determine their percentage of body fat and weight.

Multiple Uses for the Community

With credentials that are long and impressive - Deb is a Registered Yoga Teacher, a Certified Personal Trainer, a Certified Group Fitness Instructor, a Certified Pilates Instructor and a Certified Spinning Instructor through Mad Dog, she spearheaded the initiative to obtain the equipment, typically used by gyms and health-care facilities, for THRIVE! "This is going to be a wonderful opportunity for THRIVE! to approach organizations in the Wellington area and offer fitness testing to their employees. Then THRIVE! can repeat the process six months later to ascertain change," she says.

THRIVE! will make the equipment available for use at businesses and civic and non-profit organizations throughout the Wellington area.

For organizations that wish to offer their employees fitness testing through THRIVE!'s traveling tool kit of evaluation equipment, please contact Carol Burke, THRIVE! Facilitator, at 440-987-9182.

About THRIVE! Southern Lorain County

The mission of THRIVE! Southern Lorain County (www.thriveslc.org) is to build upon local culture to provide affordable opportunities for all to live healthier through healthy eating, active living and social/emotional support -- all to reduce the risks of heart disease, diabetes and obesity in the region. The organization proudly serves the communities of Brighton Township, Camden Township, Huntington Township, Kipton Village, Pittsfield Township, Rochester Township, Rochester Village, Wellington Township and Wellington Village. THRIVE! is generously supported by a grant from United Way of Greater Lorain County. Like us on Facebook at www.facebook.com/thrivesoloco.