

COMMIT TO YOUR HEALTH

Live Well. Be Well. Look GREAT!

The Commit to Your Health DVD exists to support the Westfall Foundation which is a non-profit charity. Please help Kerry sponsor medical research to cure neuromuscular disease by purchasing a DVD at committoyourhealth.org

The **Commit to Your Health** DVD features a man (Kerry) with a neuromuscular disorder called Friedreichs Ataxia (FA) and his personal fitness trainer (Ed) going through a very detailed workout. Kerry is wheelchair bound. The DVD will also feature several leading doctors in their respective fields of Cardiology, Neurology, Nutrition and Osteopathic Medicine.

Filmed in the Paramount Fitness showroom in Los Angeles, California, the workout will show Kerry using various pieces of equipment made by Paramount Fitness. Ed gives a very detailed explanation of each exercise; muscles worked, benefits to a neuromuscular disorder and how each exercise benefits a person without a neuromuscular condition.

The DVD also features segments on:

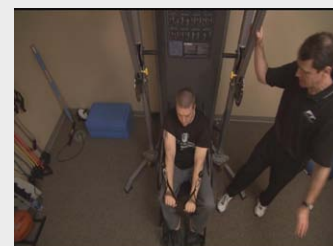
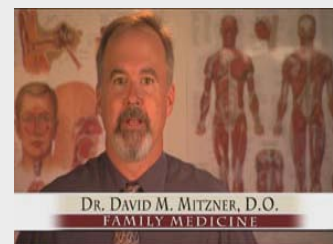
Nutrition by Dr. Edward F. Group III DC, ND, DACBN

Neurology by Dr. C.R. Smith M.D.

Osteopathic Medicine and Cardiology by Dr. David Mitzner, PhD, M.D., DO, Family Medicine

Aside from the tremendous benefits which you will receive by watching and forming your own plan to **commit to your health**, all income generated from this DVD will go to the Westfall Foundation grant pool.

All media requests should be emailed to: media@westfallfoundation.org



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