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Fuse Pilates Random Acts of Awesomeness Campaign Kicks Off for 28 Days

Washington, DC (Jan. 30, 2012) – On Feb. 1, 2013, Fuse Pilates will kick off their Random Acts of Awesomeness Campaign, encouraging students and fitness enthusiasts to do something awesome for themselves and others.

The month of February is often focused on love and couples, but Fuse Pilates is encouraging everyone to get involved by promoting acts of love for others, as well as some self-love, through acts of awesomeness.

“At Fuse we take a holistic approach to health,” says Mariska Breland, creator of the Fuse Pilates method and co-owner of the Fuse Pilates Playground. “And we want to help people remember awesome ways to keep those endorphins beyond February’s limerence and chocolate highs.”

Each day Fuse Pilates will post an “act” via their social media channels for fans to enjoy and encourage them to post their own acts of awesomeness, from bike rides to planting trees.

A sample of some simple “awesomeness” tips include:

- 1) Lend an ear to a friend.
- 2) Travel to discover new places and faces.
- 3) Call your parents or a close relative, just to say “hi”
- 4) Stretch!
- 5) Pick up any litter you may come across.

“We focus on the mind/body connection 365 days out of the year and this includes taking time to care for ourselves and being good to others,” says Roxanna Hakimi, co-founder of Fuse Pilates. “We want to encourage everyone to really consider these random acts that make people feel awesome.”

In addition to making people feel good, those who are following the Fuse Pilates’ Random Acts of Awesomeness will have a chance to win class packages and prizes. Follow #FusePilatesRandomActs on Twitter and Facebook, and for more information on Fuse Pilates classes, workshops and private training sessions offered at the Fuse Pilates DC Playground location, visit: <http://www.fusepilates.com>. You can also download the Fuse Pilates app at iTunes.

About Fuse Pilates

Fuse Pilates, developed in 2005 by fitness expert Mariska Breland, builds on traditional Pilates exercises and teaching styles with an original, fun, and highly effective twist on Pilates mat and apparatus classes. Prompted by the growing popularity of the Fuse Pilates method, Breland

partnered with Roxanna Hakimi and Sormeh Youssefieh to open the Fuse Pilates Playground in Washington DC's trendy Dupont Circle neighborhood in June 2011. Each Fuse class is different, uniquely customized to student requests and choreographed to upbeat music. Classes offer an intense yet approachable method of mat, tower, reformer and chair instruction, along with private coaching and wellness counseling for beginner to expert levels. Fuse Pilates' highly trained and experienced instructors concentrate on 360 degrees of the body to shape and create beautifully-toned physiques while promoting overall health and wellness. To learn more about Fuse Pilates visit <http://www.fusepilates.com/>.

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