

## Local Business Leaders Announce Fitness Workshop for Entrepreneurs

*Workshop to Improve the Physical and Business Fitness of Entrepreneurs*

**March 29, 2008 – San Pedro, CA** – Synnovatia ([www.synnovatia.com](http://www.synnovatia.com)), in partnership with The Fit Entrepreneur and Personal Best Enterprises, Inc. ([www.personalbestenterprises.com](http://www.personalbestenterprises.com)), today announced that it will host “The Entrepreneur’s Quest for Their Personal Best” workshop at Personal Best Whole Life Warehouse at 643 West 6<sup>th</sup> Street in San Pedro, California. The workshop will be held on Friday, April 18 from 8:00 a.m. to 11:00 a.m. Participants must pre-register by calling 310.548.5984 or by visiting [www.thefitentrepreneur.com](http://www.thefitentrepreneur.com).

“The Entrepreneur’s Quest for Their Personal Best” workshop will provide a hands-on approach to give entrepreneurs practical ways to improve their fitness to achieve maximum, lasting success. In addition, participants will learn how to create a balanced lifestyle in which they focus on both their personal and business health by incorporating regular exercise into their daily routines.

The correlation of physical fitness and business success has been extensively studied, proving that entrepreneurs can dramatically increase sales and productivity by integrating manageable, fun, and engaging physical fitness into their busy work schedules.

“Even a quick bout of exercise has been proven to improve decision making, generate fresh ideas, increase productivity, and eliminate the mental fog that stands between entrepreneurs and their goals,” said Jackie Nagel, founder and president of Synnovatia who recently launched The Fit Entrepreneur to help entrepreneurs grow their businesses by including physical fitness in their business plan. “You’ve got to move it to make it.”

“The Entrepreneur’s Quest for Their Personal Best” workshop will provide participants with strategies to seamlessly integrate all forms of fitness—physical, business, and mental—into their daily work schedules to increase their personal and professional success. The workshop will include:

- 45 minutes of exercise/Mambo Mania® by Clarita Bassett
- 30 minutes of healthy eating tips with snacks by Clarita Bassett
- 60 minutes of business development by Jackie Nagel

Workshop co-leader Clarita Bassett, founder and president of Personal Best Enterprises, Inc., is committed to educating, encouraging, and accommodating professionals with personal knowledge to better approach health and well being. The Personal Best Whole Life Warehouse, the spacious health center hosting the workshop, is home to several energetic and high-level professionals committed to delivering the best in personal care services and products.

### Event Details for the “The Entrepreneur’s Quest for Their Personal Best” Workshop:

**Location:** Personal Best Whole Life Warehouse  
**Address:** 643 West 6<sup>th</sup> Street, San Pedro, CA 90731  
**Date:** April 18, 2008  
**Time:** 8:00 a.m. – 11:00 a.m.  
**Phone:** Call 310.548.5984 to pre-register  
**Cost:** \$129.00/person

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