

Notes from the Editor



It often times is very easy to talk ourselves out of an activity even though we know it has to get done. Take for example going to Costco. I personally will procrastinate my venture into the Costco abyss until I have one apple left on the top of my fridge. What about filling up your gas tank? Do you wait until it is half-full or are you one of those people who drive until the gas gauge is pressed on E?

Exercise is often times grouped into the same procrastination category. We wait until our Dr. tells us we have high blood pressure to begin an exercise program. Or, we begin drastically cutting our calories after our pants are too big.

My point? When you think it is time to start an exercise program, don't wait any longer. Procrastinating will only add to the already challenging task of getting started.

Set up a fitness assessment with a WellStrong personal trainer and let them show you the way to fitness success!

FREE Golf!



View of Torrey South from WellStrong

WellStrong Fitness is offering an introduction to their new golf specific workout class "Fifteenth Club".

The free workout will give exercisers a sneak peek of the program on Saturday May 2nd. There is no experience necessary.

When is it?

- Saturday May 2nd
- Select your convenient time.
- 12:00
- 45 minute class

What do I bring?

- Wear loose fitted clothing.
- Exercise shoes.
- Bring your 5-iron.

Where is it?

WellStrong Fitness, Inc.
10300 N. Torrey Pines Rd.
La Jolla, Ca 92037

Alisha Matthews, MBA, B.S., CPT



Alisha conveys her passion and strength to live a healthy lifestyle with each of her clients. She continually educates herself in the areas of fitness, sports conditioning, education and business. Her experience includes nutritional guidance, group fitness classes, weight lifting, core strengthening, relaxation, healthy cooking and personal training people of all ages, shapes and sizes.

Alisha has been continuing her professional education since 1998, and holds a Personal Training Certification by NASM, Group Fitness Instructor Certification by ASFA, Certified Silver Sneakers Instructor (Elderly Training), CPR/AED Certification, Bachelors Degree in Social Work from SDSU, and an MBA from Ashford University.

Alisha has completed the SD Rock n Roll Marathon and multiple half marathons, 10Ks, 5Ks, and sprint triathlons. She also volunteered for the Rock and Roll Marathon, San Diego Track Club, and a coach for the Special Olympics Volleyball Team.

WellStrong Headquarters

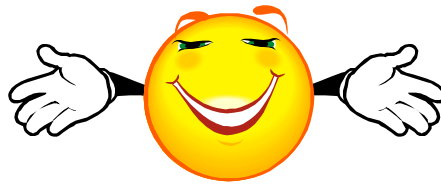


WellStrong Fitness, Inc. takes the "boutique" approach to exercise. The menu of services focuses on quality of service and customer care. ***"My objective is to revolutionized the fitness experience for our clientele by focusing on satisfying their wants and needs in full"***, explained Tyler Merrill B.S.,CPT, President of WellStrong. One on One personal training, two on one personal training, small group specialty programs, nutrition consulting, and a full service locker room are offered for WellStrong clientele. We invite you to visit us at: wellstrongfit.com

WellStrong Goes Wireless!



To better serve our customers, we have added complimentary Wi-Fi. Checking emails, sending documents, or updating your workout program online, can now all be done from your laptop at WellStrong.



We would like to welcome all of our new fitness enthusiasts!!

Marcel Radomile
Don Hildre
Tim Thompson
Laura Fennell
McCall Kuhne
Clare Barrow
Lori Legaz
Amorah Kelly
Angelina Sereno

What's Every- one talking about?



WellStrong fitness is officially live on the web, wellstrongfit.com Browsing the website is simple with our custom tabs on the top of each page. Simply click on the topic you want to learn more about and you are instantly brought to a page filled with easy to read information.

Signing up for a your first workout is one click away. Go to the "Getting Started" tab and send us your preferred workout time and we will take care of the rest.

Corporate Spotlight

This month we chose Conde Group Inc. for our corporate spotlight. CEO Karen Conde represents the "entrepreneurial spirit" with her steadfast focus and drive to be the best in her industry. We give you Conde Group Inc.!

Conde Group Inc.

Conde Group, Inc was founded in 2003 by Karen Conde, a 30-year professional specializing in the design and implementation of successful business strategies, who has focused for the past 13 years on the IT/Project Management training and staffing industry.

Conde Group, Inc is a woman-owned professional IT/Project Management staffing firm that has built its reputation and success on their unique "bridge building" philosophy that brings together the most qualified professionals and valued clients and ultimately turns their client's vision into results.

Fast Stats

- In 2006, the SDBJ ranked Conde Group, Inc #33 out of the top 50 Fastest Growing Women-Owned businesses in San Diego, California.
- In 2007, the SDBJ ranked Conde Group, Inc #45 out of the top 100 Fastest Growing Private Companies in San Diego, California
- In 2008, the SDBJ ranked Conde Group, Inc #24 out of the top 100 Fastest Growing Private Companies in San Diego, California.

For more information about Conde Group, Inc. visit condegroupp.com.