

For Immediate Release

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Local Personal Trainer Uses His Divorce to Rescue San Diegans from Cardiovascular Disease

Recession Destined to Increase Divorce Rates - New Workout Program Addresses Health Complications of Divorce

April 2009 (La Jolla, CA) – With the current economic downturn contributing to a rise in marital dissolution, it is important that divorcees pay special attention to health-preservation. According to the Journal of marriage and Family, from 1992 to 2001, **19% of divorced males demonstrated an increase in cardiovascular risk.** In addition, divorced men and women suffer to a much greater degree than married persons from **early death from cancer, cardiovascular disease, strokes, pneumonia, and hypertension, according to researchers at the National Institute of Mental Health.**

Tyler Merrill, B.S.,CPT, president of WellStrong Fitness, Inc. in La Jolla, CA has developed a unique workout program designed specifically to help those in the midst of divorce improve health, relieve stress, and get fit. **Participants sweat, yell, laugh, and occasionally cry through an emotional 45 minute workout** - all for the purpose of surviving one of the most stressful events a person can experience.

"Divorce was the most stressful experience I have been through. I lost 10 lbs. and experienced tremendous fatigue, some days I could not get out of bed," Merrill explained. "I discovered that exercising with people who were facing the same challenges I was became the best remedy for all of my divorce ailments, so I decided to develop an exercise program geared toward men and woman who are in the clutches of a gut-wrenching divorce.

The following is a simple "Divorce Health Preservation Checklist" to follow to maintain optimum health during a trying time.

1. Purchase health insurance.
2. Maintain a balanced diet.
3. Exercise regularly.
4. Find a support group.

About WellStrong Fitness, Inc.

WellStrong Fitness president Tyler Merrill, B.S.,CPT is an award winning fitness trainer and fitness presenter in San Diego. WellStrong is a by-appointment training facility. Fitness programs are unique and focus on specific physical limitations. Endorsements from physicians, neurologists, and physical therapists ensure client's they are under professional instruction during every workout. For more information about the divorce workout please call 858.458.0809 or visit us at www.wellstrongfit.com.