



PHYSICAL DIMENSIONS INC. USES WII FIT TO COMPLIMENT THEIR PERSONAL TRAINING

Toronto, CANADA (June 26, 2008) – Physical Dimensions Inc. is pleased to announce the newest addition to their studio, Nintendo's Wii Fit. "Nintendo released the Wii Fit in May and after testing with friends and family I felt it would be a great addition to our studio," says Niki Aron, personal trainer and founder of Physical Dimensions Inc. "Wii Fit is fun, challenging and can easily raise your heart rate and get you sweating."

Training on Wii Fit is divided into four categories: yoga, strength training, aerobics, and balance games. The activities provide a core workout, emphasizing controlled movements rather than overexertion.

"Clients will be able to schedule time on the Wii Fit to compliment their regular sessions with one of our personal trainers. Some clients can't commit to more than one session a week due to time or budget restraints. You can really increase your fitness levels and strength during a 30 minute workout on Wii Fit."

When asked if she fears Nintendo's Wii Fit will replace the need for a personal trainer Aron said, "Many of the benefits you gain from a trainer aren't found in Wii Fit. It can't ensure you are using perfect form, it doesn't account for any injuries you may have had and of course it can't give you any stock market, fashion or relationship advice."

About Physical Dimensions Inc.

Established in 2006, Physical Dimensions Inc. is a personal training studio & wellness center located at Yonge and Eglinton. It is a fresh alternative to the large fitness facilities in the area. Our mission is to become a successful personal training studio and wellness center by providing our clients with all the necessary tools, knowledge and information to maintain a healthy lifestyle in an environment where they feel comfortable and can enjoy themselves.

Contact:

Niki Aron
Founder, Certified Personal Trainer (CPT)
(416) 485-1796
niki@physicaldimensions.com