



FOR IMMEDIATE RELEASE:

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IDEA 2004 HEALTH & FITNESS AWARDS
TO RECOGNIZE OUTSTANDING FITNESS PROFESSIONALS

San Diego – Considered to be the Academy Awards® of the fitness industry, the *IDEA Health & Fitness Awards* will be presented on Friday evening, July 9, 2004 during the *IDEA World Fitness Convention®* in San Diego, California. The theme of the evening is *Inspire the World to Fitness™* and will include Monty Hall as the Master of Ceremonies. This year's awards and award nominees are:

IDEA Fitness Instructor of the Year Award recognizes an individual whose superior instructional abilities and influence as an instructor motivate active and inactive people to commit to a healthy lifestyle. This year's finalists are:

- **Juliane Arney of Costa Mesa, California**, a group exercise instructor and master trainer at 24 Hour Fitness;
- **Lawrence Biscontini of Fajardo, Puerto Rico**, the group exercise manager at the Golden Door Spa at Las Casitas Village; and,
- **Helen Vanderburg of Calgary, Alberta**, an international fitness instructor and the owner/director of Heavens Fitness Club and Fountain Park Health Club.

IDEA Personal Trainer of the Year Award recognizes a practicing personal fitness trainer and has demonstrated exceptional leadership, business management, motivational and instructional skills, and who has inspired his or her clients to greater personal growth and a higher level of fitness. This year's finalists are:

- **Carla Botelho-Sottovia of Dallas, Texas**, senior personal trainer and assistant fitness director at the Cooper Aerobics Center;
- **Jonathan Denoris of London, England**, a personal trainer and the owner of Catalyst Health & Fitness Ltd.; and,
- **Todd Durkin of San Diego, California**, a personal trainer and the owner of Fitness Quest 10.

— more —

IDEA Program Director of the Year Award recognizes an individual whose outstanding leadership inspires staff and influences both active and inactive people to commit to a healthy lifestyle through successful, creative and diverse fitness programming. This year's finalists are:

- **Sherry Catlin of Boston, Massachusetts**, the director of training and program development for Body Bar and fitness program manager for Silversea Cruise Lines;
- **Beth Shaw of Hermosa Beach, California**, the founder of YogaFit and other innovative fitness programming; and,
- **Kymberly Williams-Evans of Goleta, California**, the coordinator of the Group Fitness Program within the Department of Physical Activity at the University of California, Santa Barbara.

The *IDEA World Fitness Convention* is the premier educational event for health and fitness professionals and attracts over 4,000 participants from more than 60 countries. The *IDEA World Fitness Convention*, to be held in San Diego, California, July 7 –11, 2004, is designed for health and fitness professionals such as personal fitness trainers, fitness facility managers and owners, group exercise leaders, and allied health professionals. Sessions, workshops and workouts will feature in-depth health and fitness educational opportunities with a focus on applied techniques and programming. Propel Fitness Water® is the Presenting Sponsor of the IDEA Health & Fitness Awards. *IDEA's* Senior Partners are Nautilus Health & Fitness Group® and STOTT PILATES™.

IDEA Health & Fitness Association is the world's leading membership organization of health and fitness professionals with more than 19,000 members in over 80 countries. Since 1982, *IDEA* has provided health and fitness professionals with pertinent information, educational opportunities, career development programs and industry leadership while helping them enhance the quality of life worldwide through safe, effective fitness and healthy lifestyle programs. For more information on *IDEA* events, publications, educational products, member services or other activities, visit the *IDEA* website at: www.ideafit.com.

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MEMBERS OF THE NEWS MEDIA: To receive a 2004 *IDEA World Fitness Convention* brochure and schedule of events, or to receive a registration form for a complimentary press pass, contact Kelly Nakai at: (858) 535-8979, ext. 212, or e-mail: nakaik@ideafit.com.