



The inSHAPE mission is to create a world where it's cooler NOT to be a member of the gym, where people can live healthy, active lives without the use of fancy equipment and without the waste of time it takes to travel to and from an exercise facility. Operating in its 15th year,

inSHAPE works with clients to devise and deliver practical and efficient exercise programming based on logistics, abilities, goals, and schedules. The team trains clients in person in New York City, and Fairfield County, CT, and we work with clients via Skype across the United States. Via Internet radio, people all over the world can also benefit from the weekly equipment-free workout created at inSHAPE, and this unique routine is also published both at the company website and sent out via a free weekly opt-in newsletter. InSHAPE is also the creator of the GO Band®, a portable mini-resistance band, which is revolutionizing the way people attack their in-home strength routines.

“When I founded inSHAPE back in 1997, premium gyms and equipment based training regimens were extremely popular. Working with my team of in home professionals, clients were able to eliminate the travel time and benefit from the motivation of exercise in a more convenient location.” says Jillian Redfern, Founding Partner of inSHAPE Fitness.

“I never go to the gym. And I encourage clients and our team of trainers to experiment with regimens that conform to life, instead of letting exercise control one's life. With 15 years of continued service in homes and offices of so many shapes and sizes, our team is well equipped to show people how to do this. It is truly liberating to know that you don't need a gym to stay fit, and that is the cornerstone of inSHAPE's success. ” continues Kim Watkins, Managing Partner of inSHAPE Fitness.

“As the environment continues to change, the team at inSHAPE molds to suit the needs of working professionals, bridal clients, pre & post natal woman, stay at home moms, and retirees. Our mission to create customized in home programming is stronger than ever.” confirms Redfern.

The foundation of inSHAPE's programming involves three simple variables: pace, precision, and pairing. Most people rest too long between exercises. At inSHAPE, we help people learn how to move with enough effort to sustain an elevated heart rate throughout their routine but without pushing them past their point of ability too soon. By emphasizing precision of movement, our workouts force the body to exert effort without the help of momentum, which in turn, makes the routine more effective. Finally, we pair exercises together that flow well and balance out inadequacies in strength and stability. No two workouts are ever exactly the same, yet the team uses a surprisingly small number of foundational moves to create countless exercise routines. We help our clients feel great, lose weight, walk down the aisle looking their best, train for sporting events, support a pre/post natal body, and stay injury free at any age.

inSHAPE currently has a staff of 15 certified and insured in-home personal trainers, yoga instructors, Pilates teachers, massage therapists, and nutritionists. With years of experience, degrees in health related fields, and certifications with top fitness organizations, you will not find a stronger collection of the finest fitness professionals in the industry. Some of the dedicated employees are even a blend of several fitness disciplines. The inSHAPE team are educated, diverse in their skills and teaching styles, and stay informed of the latest health and wellness research.

[www.inshapelc.com](http://www.inshapelc.com)

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