

**FOR IMMEDIATE RELEASE:** Contact: Deba Wegner Recipe for Success, Inc. 425-241-9023  
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**Contact Person:** Shawn Casey, Owner Shawn Casey Results Fitness  
**Company Name:** Shawn Casey Results Fitness

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## **Shawn Casey Results Fitness Personal Training Studio donates ongoing services to Bellevue, WA Boys & Girls Clubs members** **Giving a priceless, enduring gift: fitness**

**Bellevue, WA December 28th, 2009**

Shortly after opening his personal training studio in a downtown Bellevue office tower, **Shawn Casey Results Fitness owner Shawn Casey**, and his staff began training small groups of teens from the local Boys and Girls Clubs.

"We recognized a need in our community to help kids develop a lifelong relationship to fitness. Our commitment to offer free bi-weekly sessions results in dramatic positive changes in the physical and mental well being, of these kids. Being physically fit and working out regularly literally saved my life. I realized the focus and discipline I developed in the gym would help me achieve any goal I had. I became very determined to take responsibility for my life. Training in a gym is more than training your muscles. It's training your mind", says Shawn Casey.

"We at the Boys & Girls Clubs of Bellevue are very grateful to Shawn Casey and his staff of personal trainers for working with our youth, says **Kathy Haggart CEO of the Boys & Girls Clubs of Bellevue**. We have seen affirmative results in the young people's physical and mental well-being. The kids look forward to going to Shawn Casey Results Fitness, they experience positive role models and they have a lot of fun!"

"Our client's ages range from 10 years old to 70+. Fitness is a lifelong process, the benefits of which are invaluable", says Shawn Casey. We are here to provide the tools for a healthy, active lifestyle."

### **Shawn Casey Results Fitness Studio Health Club Level**

**Location:** 155 108<sup>th</sup> Ave. NE  
Bellevue, WA 98034  
425-451-8281  
[shawncaseyinc.com](http://shawncaseyinc.com)  
shawn@shawncaseyinc.com  
Providing on-site and in-home personal training services

**Owner:** Shawn Casey  
**Hours:** 5am-8pm by appointment, 7 days a week

**Parking:** Self pay [parking structure](#) under building, parking entrance is directly behind front of building accessed off of 108th Ave. NE. Depending on the time of day, there is ample street parking in area.

**Qualifications/Certification:**

- 25+ years of high level fitness experience.
- National Strength & Conditioning Association (NSCA) certified
- American Council on Exercise (ACE) certified
- Strong, Stretched & Centered (SCC) certified
- Certified Mat Pilates Instructor

**Shawn Casey Results Fitness Studio:** Opened in March of 2009. Located in the Pacific Plaza/Bank of Bellevue building on the 2<sup>nd</sup> floor (HC Level of parking structure). Studio receives natural light from floor to ceiling windows that can be opened.

- Providing on-site and in-home Personal Training Services
- 4,000 sq feet facility, newly renovated and outfitted with top of the line equipment
- Men's & Women's locker rooms, showers and saunas
- Life Fitness and Cybex resistance training apparatus
- Cardio-treadmills, Arc Trainers, Stationary Bikes and Ellipticals
- Meticulously maintained facility
- Flat Screen TV's streaming news and sports events

**Community Involvement:**

**Boys & Girls Clubs of Bellevue-**Shawn Casey Results Fitness has been providing bi-weekly fitness sessions for members for the last seven months, making a big difference in their physical and mental well being.

- **Living Lean in 12 Weeks/Biggest Loser 2010 Programs start 1-5-10 @ 6Pm at Shawn Casey Results Fitness, call for details**
- **Shawn Casey is available to speak to your group, large or small to share his motivational fitness philosophy.**

**About the Boys & Girls Clubs of Bellevue:**

[The Boys & Girls Clubs of Bellevue's](#) mission is to enable all young people, especially those who need us the most, to realize their full potential as productive, responsible, & caring citizens. The Boys & Girls Clubs of Bellevue provides youth from the ages of 2 ½ to 19 with a safe place to learn and grow; ongoing relationships with caring adult professionals; life-enhancing programs; character development experiences; and hope & opportunity. There are 12 Clubhouses in Bellevue, including the Main Club and Teen Center downtown and a Club in the City's South Bellevue Community Center. There are also 3 Clubs in public housing complexes and 6 Clubs in schools, all located in East Bellevue.

In 1979, the BB&GC became one of the first Clubs in the nation to begin offering services to both boys and girls, thereby becoming the Boys & Girls Clubs of Bellevue. Since 1995, the Club's membership has escalated from 3,800 to 6,000+ registered, fully active Eastside youth members, ages 2 ½ - 12, and we serve another 5,000 teens and 2,700 football players annually. Operating year-round for sometimes eleven hours a day, five-seven days a week, the Club offers a wide variety of programs that foster positive social behaviors and healthy lifestyles while providing academic enrichment activities and computer technology instruction for all youth, particularly those from disadvantaged circumstances.

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