

JUSTEFITNESS HEALTH & WELLNESS

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FOR IMMEDIATE RELEASE

JusteFitness President Emmanuella St, Juste Featured on Sports Talk with Glenn Harris to discuss “BodyFat vs BMI”

Washington, DC July 15, 2009 – JusteFitness President, Emmanuella St. Juste will be appearing as a guest on ABC News Channel 8’s “SportsTalk” television program at 8 p.m. on July 15, 2009. “SportsTalk” is hosted by long-time Washington, D.C. sports maven Glenn Harris. “SportsTalk” is the only local sports show that allows viewers to interact with athletes, coaches, and sports media. You can join the discussion by calling 703-387-1020 or emailing SportsTalk@news8.net.

Ms St. Juste is an award winning fitness competitor, group exercise instructor, personal training coach, and writer with over 11 years experience developing comprehensive wellness programs and management for EPA, US Customs, USAID, and Department of Commerce at Ronald Reagan Fitness Center and EPA Fitness Centers. A highly regarded member of the fitness industry, Ms St. Juste has provided nutrition presentations, wellness seminars, warm-up segments at health fairs, and led volunteer efforts throughout the Washington, DC area.

Other guests on “Sports Talk” will include renowned top IBB Pro Buildbuilder and Fitness Professional, Yohnnie Shambourger.

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