

**Press Contact**

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**Scott Sonnon to Present Ageless Mobility at FitLife Summer Conference**

Atlanta, GA., May 18, 2007 – Scott Sonnon, COO of RMAX International, will be conducting an Open Class to present his latest program, Ageless Mobility, at the upcoming FitLife Summer Conference.

Ageless Mobility is designed in a genetically-programmed sequence of movements, lubricating each joint, one after another, until the entire body becomes fully flushed with nutrition. Most people suffer through their lives literally starved for this kind of critical movement. Once each joint is well oiled and ready to move, then soft, flowing yoga movements, easily learned, release the body of chains of tension. This specific process helps prevent daily aches and pains while helping abate the onset of shoulder bursitis, elbow tendonitis, carpal tunnel syndrome, neck and lower back disc herniation, hip, knee and ankle strain. The simple breathing exercises incorporated into the program manage stress at a biochemical level, while at the same time increasing core strength and helping gastrointestinal health. This program can be performed once or twice a week for 45 minutes and still impart 100% of the medical benefits of the exercise. In the time that most people channel surf throughout the day, anyone, regardless of age, can again have that energetic zeal of pain-free mobility wellness.

The event is scheduled to take place on July 15-17, 2007 at the Seventh Mountain Resort in Bend, Oregon. Owners, managers and key staff of independently-owned clubs of the Northwest will be in the audience. More information can be found on the event's website at [www.fitlifeclubs.com](http://www.fitlifeclubs.com)

**ABOUT RMAX INTERNATIONAL**

RMAX is an international health and fitness organization founded upon the Circular Strength Training® System (CST). CST involves a 'prehab' approach to health and fitness combining pain-free mobility, dynamic flow yoga and natural athleticism. CST is made up of 3 wings which can be performed individually or as a complete system to achieve the best possible results.

For more information, log on to [www.rmaxinternational.com](http://www.rmaxinternational.com)