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### **Pioneering Women's Fitness Form Offers Fastest Growing Franchises**

New York, NY-June 26, 2005-Women's Fitness Form was the first of its kind in the industry. Uniquely designed to create quick workouts with long-lasting results for busy women, Women's Fitness Form has caught on to the fitness wave flooding the country. It remains the largest, fastest growing fitness franchise for women in the world. The pioneering '30-minute quick fit' company has more than 70 locations and over 200 reserved territories with a projection of 400 plus by the end of 2005.

Women's Fitness Form Franchise opportunities are available now. Entrepreneurs are invited to come and grow with the company and cash in on the bottom line. Women's Fitness Form is aggressively seeking representatives for exclusive territories throughout the U.S. and internationally. Women's Fitness Form is currently in negotiations for international franchises in China, Japan, Canada, Germany and the United Kingdom. More are on the drawing board.

Spokesperson Siva Soltran said, "We are the original package. We pioneered this area of women's fitness and are the biggest and fastest growing because we produce results in record time that is setting the trend in women's fitness. We carved out a whole new niche in women's health, vigor and conditioning. We're more than your corner fitness complex. We help guide healthy lifestyles in half the time it usually takes in other fitness routines."

Developed by Siva Soltran, a personal fitness instructor of 20 years and mother of four, the training is on specially designed machines that can be used in 30-minute circuits to tone muscles, burn fat, lose weight, strengthen joints, improve circulation and create a general feeling of well being.

Ms. Soltran said, "For health reasons alone, a fitness routine is essential. Busy women often make the choice not to go to the gym because of time constraints or family obligations. With our world today being bombarded with fast foods, sedentary activities and limited time, we designed Women's Fitness Form for busy women who want results without spending hours a day at the gym."

For more information, call 913-856-2424, email [ssoltran@fitnessform.com](mailto:ssoltran@fitnessform.com) or go to <http://www.fitnessform.com>

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