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LOCAL MARTIAL ARTS SCHOOL RUNS FOR THE HEALTH OF IT

APRIL 6, 2008, BRIDGEWATER, NEW JERSEY: Parents and students of Somerville Martial Arts have joined together to support community programs focused on health and wellness. Along with a sponsorship, 17 school members ran with SMA Team Energy t-shirts at the Bridgewater 5K & Health Awareness Day on Sunday. The SMA Team is also working with the Somerset Slim Down organizers offering weigh-in assistance and a special 10-week body shaping program called L.I.F.E. to help the participants reach their weight loss goals safely. In addition, the group is supporting the upcoming American Cancer Society Relay for Life events.

Somerville Martial Arts school owner, Patrick Mehrrens, has been located in Somerville for 13 years. Mr. Mehrrens, a 5th Degree Black Belt who has been training in Martial Arts for over 30 years, also played professional baseball with the Chicago White Sox farm system. This combined high end fitness influence has made his school unique among Martial Arts schools and a key driver toward promoting fitness excellence through his programs.

Over the past 3 years, the SMA team has been aggressively forming new offerings that would actively support widespread self awareness and fitness. Some of the programs include girls self defense courses with the support of the Girl Scouts of Rolling Hills council, women's self defense, leadership programs for younger children eager to help their peers and adult fitness programs, such as the unique 10-week course called L.I.F.E. The schools' current target is to support community programs, like the Bridgewater 5K and Somerset Slim Down. Using the red SMA Team Energy shirt and dedicated parents and students, the school hopes to raise awareness and promote healthy bodies and attitudes throughout our neighborhoods.

More information on Somerville Martial Arts activities can be found at www.somervillemartialarts.com