



FOR IMMEDIATE RELEASE

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JEFF NOVICK, MS, RD, LD, LN COMES TO FITNESS RIDGE RESORT & SPA
Renowned Nutritionist to Lecture in Utah

Fitness Ridge Resort & Spa, one of the newest and fastest growing weight loss spas in the United States, will welcome Jeff Novick, MS, RD, LD, LN, to the resort August 24th-August 31st.

Jeff will bring to Fitness Ridge his insightful and humorous approach to healthy living through a series of lectures that he will deliver throughout the week. "We have had many previous guests talk about Jeff and the wealth of information that he provides. We felt his visit was something that could only enhance our current program and provide the guests that week with some additional value to their stay, mentions Paige Corley, Program Director at Fitness Ridge.

Says Jeff, "It is with great enthusiasm that I am looking forward to my week with Fitness Ridge. Because of their comprehensive program with a unique focus on fitness, nutrition, education, and weight loss, not to mention their incredible location, accommodations and affordability, I am excited to be partnering with them for what is sure to be a fun filled, life changing week."

About Jeff

Jeff serves as the Director of Health Education for the National Health Association and as the nutritionist/dietitian for the prestigious McDougall Program in Santa Rosa, California. He holds both undergraduate and graduate degrees from Indiana State University in nutrition with minors in Exercise Science. For almost a decade, Jeff served as the Director of Nutrition at the world-renowned Pritikin Center in Aventura, Florida.

About Fitness Ridge Resort & Spa

Founded in August 2002 as The Body Shop Spa, Fitness Ridge was created to fill a depleted niche in the weight loss spa market. The weight loss program offered has a strong focus on nutrition and exercise. In 2006, The Body Shop Spa changed its name to Fitness Ridge and opened their doors at a new facility in Ivins, UT. Reservations can be made by calling 888-870-2639 or by visiting www.fitnessridge.com.

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