



**For Immediate Release**

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## **Community Health Enthusiasts Set Sights on World Record**

**June 10, 2011, Ellicott City, Md.**—Guinness World Records receives about 50,000 submissions a year to create and break world records of all kinds. A local group of health enthusiasts plans to set the record for the **World's Largest Circle Training** session on Saturday, June 18, 2011 at Centennial Park in Howard County, Maryland.

“We’re not your typical bootcamp,” says organizer Brian Jolles, President of the nonprofit We Promote Health. “The term bootcamp can bring up images of a hard-core, military-style workout that is beyond the ability of the average person,” Jolles said. The beauty of our Circle Training, and the world record we’re going to attempt, is that it’s for everyone! Adults, kids, people of all fitness levels and anyone who lives, works and/or plays in Howard County can join us,” he said.

People from all walks of life are joining in free Saturday morning workouts to get ready for the record attempt. The group is led by volunteer professional fitness trainers. Participants range from first-time exercisers and fourth graders to the already active and baby-boomers, plus everyone in between. They are finding fun, fitness and motivation toward better health along the way. Meet:

John: a 48-year old excited about learning exercises and proper form from professional trainers who is using the Circle Training to get moving, make positive health changes and reduce the impact of the Multiple Sclerosis he was diagnosed with in 2009.

Lil: an experienced exerciser who welcomed the opportunity to try something new, involve her children and keep moving on Saturday mornings.

Karen: a Howard County teacher, founding board member of We Promote Health, Inc., who loves the variety of the workouts and the chance to add to her total of almost 29 million steps taken since 2005.

Lynne: A Columbia resident who appreciates the friendly atmosphere of the workouts and how the instructors help everyone learn the exercises. Plus she’s building an exercise routine and using daily fitness logs to track her workout progress.

Ishmael and Matthew: Ellicott City fourth graders who initially came to the workouts to get a pass on their homework and now enjoy exercising with their parents and their teacher.

The Albertsons: a family of five who likes the rotating format of the exercise group, where they learn different activities, how to modify exercises for conditions like bad knees, and working out a pace that suits each of them.

“The record is about the exercising effort,” said Jolles. “Can more than 250 people get moving and workout together for an hour?” Jolles and his group of exercisers say yes to better health and fitness and they are going for the record to prove it. For more information about the world record attempt, the free Saturday morning workouts and the fitness trainers involved, go to [www.getactivehowardcounty.org](http://www.getactivehowardcounty.org).

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