



Getting Fit Shouldn't Have to Take A Lot of Time -- 30-Minute No Excuse Blast Sessions by inSHAPE

Dispelling the myth that people need 60 minutes of intense exercise in order to get in an effective workout, inSHAPE is now offering the all new 30-Minute No Excuse Blast Session as a new and inventive alternative to getting fit and staying in shape.

New York, NY ([PRWEB](#)) January 20, 2009 -- U.S. adults are getting fatter and less fit than ever! Data from the National Center for Health Statistics show that the percentage of Americans classified as "obese" is still on the rise, and a full 62% of adults never engage in rigorous physical activity lasting 10 minutes or more per week. This frightening information, coupled with the fact that in a recessionary economy, adults tend to work longer hours, experience greater stress, and as a result exercise less, inspired inSHAPE Fitness to take serious action. Long established in the NYC tri-state area as a resource for results-oriented 60-minute personal training sessions, inSHAPE has created the 30-minute No Excuse Blast Session.

Not everyone has the time to dedicate 60 minutes a day to fitness, and that's ok. 30-Minute No Excuse Blast Sessions were created with a proprietary formula designed to generate results for people of all fitness levels and interests. They combine cardio and strength moves in a circuit-style format, moving quickly from one exercise to the next -- so there's no wasted time. Each session is power packed with exercises that push clients to their max with the most efficiency possible. This elevated training intensity (lifting heavier weights, doing more reps, increasing your cardio workload) provides more bang for the buck, saves time, and generates the kind of results busy people want -- and need!

With this additional service offering, inSHAPE's menu of packages and pricing now includes options for virtually anyone who wants the guidance of a personal trainer for effective and intense workout sessions, but who doesn't want the hassle of having to go to a commercial gym. inSHAPE offers full length 60-minute sessions, which include a full warm-up, customized workout, cool-down, along with stretching; 30-minute No Excuse Blast Sessions; and in between, 45-minute sessions. A free consultation and initial workout is offered to all new clients, and this is a great chance to decide among the three session lengths.

inSHAPE is tri-state area's complete source for convenient and effective fitness and nutrition programming. Developed in 1997 by New York City personal training veteran, Jillian Redfern, inSHAPE was created for busy professionals who possessed the desire to get fit and stay healthy without having to travel to an outside gym. Committed to making fitness work for everyone, whether you're a busy executive or a stay at home mom with a crazy schedule, inSHAPE offers the following in-home services: personal training, semi-private training (and small group), yoga, pilates, massage therapy, and nutrition counseling. It also offers corporate programming, as well as combination packages created specifically for brides and weight-loss clients. inSHAPE's services are offered throughout the five boroughs of New York City and in Connecticut's Greenwich and Fairfield County areas. For more information, please visit www.inshapellc.com.

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