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PRESS RELEASE

International Institute of Body Design

For Immediate Release

February 2nd 2016

RE: Dr. Fitness USA to launch online strength training programs for women's health

International Body Designer Dr. Fitness USA, a long time advocate of strength training for women's health and fitness, is proud to announce the release of his online strength training programs for women's health, *Feminine Body Design*.

In November 2015, No1 Best Seller *Feminine Body Design, empowering fitness for pain free life*, written by Batista Gremaud, co founder of the Body Design Formula Company was released.

While *Feminine Body Design*, the book, debunks fitness myths and unveils Dr. Fitness USA's philosophy, the online programs give a step by step road map for every woman to be able to have a comprehensive strength training workout, in a gym, with specific instructions as to maximize time, money and energy without the use of a personal trainer.

The programs are now available for pre-order and will be released on Wednesday February 10th 2016.

Body Design Formula is now opening its doors for affiliates to join our team. Large companies as well as independent health aficionados, now have the opportunity to join our growing team and collect a generous commission, by becoming affiliates.

Special consideration to participate in Masterminds and Focus Groups towards the development of our coaching programs will be given to those who qualify.

For more information contact

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VISIT OUR ONLINE STORE: drfitnessusa.com/our-store/

For more information contact

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