

All AroundU^{Inc.}

The physical, mental, spiritual well-being and life long
connection between you and your child

FOR IMMEDIATE RELEASE

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STAY HOME AND STAY HEALTHY All AroundU, Inc. Announces Grand Opening

NEW YORK April 10, 2006 – All AroundU, Inc, an innovative, Manhattan based, business offers unmatched prenatal and postnatal care by providing their clients the convenience of not having to leave their own homes. Combining the benefits of personal training, massage therapy, and nutrition with the rejuvenation of skin treatments, child care and leisure services, All AroundU, Inc. makes it easy to stay home *and* stay healthy. What is more, with a knowledgeable and dedicated staff with experience from top facilities in and around Manhattan, All AroundU, Inc. guarantees a level of customer service New Yorkers have come to expect.

“It can be difficult to get around in Manhattan, especially as a new parent or parent-to-be,” says Sarah DeSantis, the massage therapist and CEO of All AroundU, Inc. “We decided that our services would be most effective in combination, with one another while being offered in the clients’ homes.” The services are plentiful and cover every aspect of health, yet the staff emphasizes that their descriptions serve only as guidelines and in fact all services are custom tailored to the clients’ personal needs. Services are sold individually and as special care packages, equally divided between the core services of personal training, massage therapy and nutrition, which are designed to maximize effectiveness. Prices are competitive with a-la-carte services ranging from \$100 to \$185, while packages are offered at 10% - 25% discounts. Personal training options include classes which use range of motion exercises, awareness and breathing to strengthen and prepare your body for birth. There are a variety of massage therapy techniques tailored to reduce prenatal and postnatal aches and pains. Nutrition choices range from individualized guidance to, personalized meal plans and cooking lessons. Rejuvenation services such mommy facials and Mommy’s First Stitch™, a knitting class, add important elements of relaxation to the prenatal and postnatal period, as well as health benefits to the body and mind. Of course, what family service would be complete without child care. All AroundU, Inc offers both a nanny and babysitter placement service to easily give parents, new and experienced alike, more of the time they need together.

“We have a great team of professionals who are knowledgeable in their fields and experts in prenatal and postnatal care”, says Sarah about the rest of the staff. What is more, everyone emphasizes that pregnancy is a life phase that should be enjoyed by the entire family. All services are offered to fathers as well as mothers, and there are group and family rates available. “Our goal”, continues Sarah: “is to help create a bond between you and your child, which will last a lifetime. We aspire to turn a happy, healthy couple into a happy, healthy family.”