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SCOTT SONNON TO GIVE PRESENTATION AT ARNOLD SPORTS ACTIVE AGING FESTIVAL

Atlanta, Georgia - February 1, 2007 - The most-recognized authority in prehabilitation, and the founder of RMAX International and creator of the Circular Strength Training® System, and Master of Sport, Scott Sonnon, will be participating, and giving a presentation on the unique, rejuvenating methodologies resulted from years of his research and practice. The Circular Strength Training® system blends scientific concepts, physical training, nutrition, and pain-free mobility exercises. Focusing on prehabilitation rather than rehabilitation, CST provides preventative programs to circumvent future strains and pain.

The Active Aging Festival features national and international experts who help adults start and continue an active, fun lifestyle that will improve strength and endurance, help them feel better, and reduce the risk of falling such as Jack LaLanne, TV fitness show pioneer and inventor of the "jumping jack" exercise; Dr. Robert Goldman, M.D., D.O., Ph.D., founder and Chairman of the American Academy of Anti-Aging Medicine; Steven T. Devor, Ph.D., FACSM, Graduate Program Director for Sport and Exercise Science at Ohio State University and Director of Physical Activity and Exercise Centers at Friendship Village of Columbus and Westminster Thurber Community; Deborah Redder, National Programs Director of SilverSneakers, providing insurance-sponsored fitness center memberships to adults who want to improve strength, balance, flexibility and endurance.

Conforming to the long-running tradition, the event will take place on Friday, March 2, 2007 at Hyatt Hotel, Greater Columbus Convention Center in Ohio. The Arnold Fitness Weekend offers one of the world's largest fitness expos featuring 650 exhibit booths showcasing the latest and greatest in health and fitness equipment, sports apparel and training tools. Guests also will be treated to non-stop entertainment, celebrity appearances and training advice. The Arnold Sports Festival is "A Weekend of Sports and A Lifetime of Fitness" hosting 29 sports and 36 sporting events. More than 17,000 athletes and 170,000 sports fans watch three days of athletic competition that tests human capabilities in the widest variety of sports in one place for so many athletes than any other event in the world. Information about participating or watching these events are at <http://www.arnoldsportsfestival.com/>. For more information on the 2007 Arnold Sports Festival & Fitness Weekend, visit www.Arnoldsportsfestival.com

ABOUT RMAX INTERNATIONAL:

RMAX is an international health and fitness organization founded upon the Circular Strength Training® System. CST is a 'prehab' approach to health and fitness combining pain-free mobility, dynamic flow yoga and natural athleticism. This approach employs pain-free, injury-free techniques so you can care for your body and prevent damage in the future. CST comprises three wings. These components are performed individually or as a complete system to achieve the best possible results. For more information, log on to RMAXinternational.com

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