

## **Virtual Fitness Trainer Who Helps People Lose 50-100 Pounds Launches Affordable Instantly Downloadable Exercise Videos**

### **Videos Start at \$3.96 for online Viewing or Downloadable Videos**

Boston, MA, 12/20/11 -- Holly Kouvo, owner of Fitting Fitness In in Boxborough, Massachusetts, launched three new downloadable exercise videos today. The videos include a 10-minute abdominal workout, a 10-minute stretch routine and the Bertha Butt Boogie, a flagship routine and client favorite that Kouvo has taught for years. The videos can be purchased online at <http://secure.fittingfitnessin.com/cart/product.php?productid=31&cat=0&page=1> for between \$3.96 and \$6.93 for a downloadable or view online version.

“My clients have asked me to do videos like this for years and I decided the time was right to do them now,” said Kouvo. “People want to exercise from home and while they travel so I’m happy to be able to expand my reach and help people from anywhere in the world to fit fitness into their busy lives.”

Kouvo’s client roster includes people from all over the United States, Canada and Europe. Her specialty is helping those who have between 50 and 100 pounds or more to lose, although her videos are geared toward anyone with the desire to exercise in small increments without going to the gym.

“One of my clients asked me to travel to the Dominican Republic with them so they could continue working out,” said Kouvo. “While that sounds amazing, I can’t leave my other clients and family so I created the travel routine to make it easy for people to exercise from their hotel room. I don’t accept travel as an excuse for not exercising. There is always a way to fit fitness in.”

Future videos that are currently in production include resistance band travel routines, a senior fitness video and “Portion Distortion,” which focuses on nutrition.

#### About Holly Kouvo:

Holly Kouvo, owner of Fitting Fitness In ([www.FittingFitnessIn.com](http://www.FittingFitnessIn.com)), helps her clients lose 50-100 pounds or more. As an AFAA certified personal trainer and AASDN certified nutrition specialist, Holly is a motivational speaker, writer and appears on local TV and radio stations. Her company employs other trainers and administrative staff in her 1500 square foot facility in Boxborough, Massachusetts, a suburb of Boston. When not with her clients, Holly can be found with her two children, learning Russian which is her 6<sup>th</sup> foreign language, or experiencing her love of dance.