

Press Release

February 12, 2008

Contact:

Scott Campbell

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503.287.0655

What: Step-Mill World Record Attempt on March 21st, 2008

Fitness professional and international mission and social work leader, Scott Campbell will be leading a team to Kenya in April 2008 to bring faith, hope, joy, supplies, and service to AIDS-stricken villages in East Africa. Please help support this important project to serve Kenyan families and children afflicted by AIDS. In villages devastated by AIDS, it is the children who suffer.

Scott Campbell will be attempting to beat the 24 hour Step-Mill Record while raising funds for this important cause.

About the Step-Mill World Record:

- The record is based on the maximum number of steps completed on the Step-Mill machine in a 24 hour period. The record allows for breaks or stops but the clock keeps ticking. There will be no rest for the weary!
- The current record holder is Jim Campbell (no relation to Scott), a firefighter from Indianapolis, with an amazing feat of 106,377 steps. This amounts to a total distance of 71,000 feet and 13.4 vertical miles, translating to 2.4 times to the peak of Mt. Everest, or 5,000 trips to the bathroom upstairs. INCREDIBLE!

How can you help Scott break the World Record and make a positive impact on the AIDS Epidemic and on our World?

1. Give financially towards our AIDS projects in Kenya. Three options:
 - a. Flat amount for Scott finishing the entire 24 hours
 - b. Per hour donation for each hour completed
 - c. Drop by the studio during the event and drop some hard cash (bills, change or checks) in the "bucket"
2. Join Scott for a partner workout slot of 30 minutes, 1 hour or more during the 24 hour period. Sign up by emailing Scott for time slots starting 7pm Friday March 21st to 7pm Saturday March 22nd. You can choose to do the treadmill, bike or elliptical machine.

When: Friday March 21st 7:00pm – Saturday March 22nd 7:00pm

Where: Northwest Personal Training: 2714 NE Broadway, Portland OR 97232 503.287.0655

About the Charity Organizations:

The Chanda Founation & OIKOS

- The Chanda Foundation is a yet un-incorporated foundation that Scott and Janet Campbell began in honor of their stillborn son. It is based in Janet's mother's village and works with single women (mothers and grandmothers) and children who have been impacted by AIDS and who cannot work.
- OIKOS works with youth who are infected and affected by AIDS. They identify homeless youth in the city (Nairobi) who have family in the rural areas. They help the homeless youth return to their rural families for support.

All checks can be made to:
New Song Community Church
2511 NE Martin Luther King Jr. Blvd.
Portland, OR 97212

Please write in the MEMO line of your check KENYA WORLD RECORD

100% of donations will go towards above charities and all donations are tax-deductible.

Here is a link for more information about the event:

http://www.nwwomensfitness.com/subs/events/event_details.php?event_id=21

Have a fit, healthy and happy day!

Sherri McMillan
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Alex & Sherri McMillan, M.Sc. have been inspiring the world to adopt a fitness lifestyle for over 30 years collectively and have received numerous industry awards including IDEA Fitness Directors of the Year, IDEA Personal Trainer of the Year, CanFitPro Fitness Presenter of the Year and BBB Business of the Year. As fitness trainers, fitness columnists, authors of five books and manuals, stars in various fitness DVDs, and international fitness presenters, they are spokespersons for Nike, Nautilus, Twist Conditioning and PowerBar.