



Post Release

A HEALTHY DOSE OF ‘HA-HA-HA’ (LAUGH) IS THE BEST MEDICINE TO A BETTER YOU

Kuala Lumpur, 9 August 2008 – mYoga’s Laughing Fit workshop was packed with hilarious antics and action that one might think they have stepped into a comedic play!

Allowing imaginations to take flight, attendees acted out making teh-tarik, a laughing lion and much more – activities that involved the moving of the entire body and of course their jaw lines as they laughed so hard.

Laughter is said to be the best medicine granting you many physiological and psychological benefits. mYoga’s Laughing Fit is a fun-filled series of stretching, breathing and specially-designed laughing exercises designed to improve circulation, relieve stress, and boost the immune system.

“Laughing is one of the best ways to de-stress and relax your mind, heart, abdomen and muscles. We noticed that many remain tensed and stressed out even after work. Also, bearing in mind that these days we are pampered with the convenience of machines and tools, we tend to under use our muscles. That is why we encourage members to perform some hilarious poses imitating certain activity and when you see yourself in some unusual positions, you tend to laugh – chasing away all those tensions. So this is your chance to laugh your way to a happier, healthier you!” mYoga laughing instructor, Cheryl Lim, commented.

“Research has shown that 100 laughs a day is equivalent to 10 minutes of jogging. Now that is a good reason to laugh” she added.

Laughing Fit classes will soon be available at mYoga. For more information, call 603-2289 8588 or visit <http://www.mYogaOnline.com>.

mYoga is located at Lot 222 and 228, 4th and 5th Floor, The Gardens, Mid Valley City, Lingkaran Syed Putra, 59200, Kuala Lumpur (above Isetan).

About mYoga

mYoga opened its first yoga centre in Hong Kong in 2006 and expanded to 3 clubs, 2 in Hong Kong and 1 in Malaysia, in 2008. It provides an extensive range of over 50 yoga and group exercise classes and is one of the largest centres of its kind in Asia to offer

group exercise and yoga all under one roof. mYoga is a wholly owned subsidiary of USA-based 24 Hour Fitness Worldwide, the world's leading health club company.

About 24 Hour Fitness

Headquartered in San Ramon, Calif., 24 Hour Fitness, an innovative leader in the health and fitness industry, serves more than 3 million members in 400 clubs across worldwide. Founded in 1983 as a one-club operation, 24 Hour Fitness pioneered the concept of making fitness accessible, affordable and a way of life for everyone. Supporting the communities it serves, 24 Hour Fitness sponsors many charitable events and organizations including the 2004 - 2008 U.S. Olympic Team and the Magic Johnson, Andre Agassi, Shaquille O'Neal and Lance Armstrong Foundations. For more information, please visit www.24HourFitness.com.