
CUSTOM FITNESS

Recovering Steroid And Substance Abuser Tells How To Relieve Post-Holiday Stress And Depression With His Mindful Movements Exercise

For Immediate Release

BOSTON/EWORLDWIRE/Dec. 29, 2005 --- Custom Fitness Publishing today announced the release of *Rutstein on Fitness: Strengthening the Body to Heal the Mind*. The book chronicles the experiences of its author, Jeff Rutstein, a former body builder who developed a revolutionary fitness program after his struggle with steroids and substance abuse nearly cost him his life.

After overcoming his battle with addiction, Rutstein became a personal trainer and created Mindful Movements, a program which assists those coping with stress, depression and dependence.

An easy-to-follow program of slow and controlled exercises using light weights or exercise bands, Mindful Movements is tailored towards individuals in distress, but will also be beneficial to the many Americans whose year-end resolutions include weight loss and increasing their fitness levels. Its unique approach to healthy living prevents its users from experiencing the boredom that often leads to failure with most standard exercise routines.

Mindful Movements is a four-week program of slow and concentrated repetitions of strength-training exercises. Participants are encouraged to go at their own pace and set their own goals. It is a kinder, gentler workout designed to not only sculpt the body, but to carve out enhanced feelings of self-worth and serenity.

The underlying concept of mindfulness is already familiar among the thousands of people who engage in yoga and meditation to achieve serenity. Scores of individuals have already visited Rutstein's Custom Fitness facility in Boston to experience the program.

"In my early years as a weightlifter, I was addicted to steroids, alcohol and street drugs," said Rutstein. "When I quit cold turkey, I was lucky to live. After falling into a deep depression I began to use mindful movements, which restored my self esteem and peace of mind."

Rutstein's work has attracted the attention of prominent authorities in the fields of healing and fitness.

"Jeff's striking story and his experience with many clients illustrates the tremendous psychiatric benefits of a rational exercise program," said Harrison G. Pope, Jr., M.D., professor of Psychiatry, Harvard Medical School.

Rutstein on Fitness: Strengthening the Body to Heal the Mind is available by calling 800-431-1579 or at www.FeelGoodExercise.com.

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