

Local Herndon Woman Living with MS Commits to Walk

April 02, 2006 –MS Walk

**National Multiple Sclerosis Society And Sequoia Health and Fitness, Inc.
Join Forces To Cure MS**

Sequoia supports MS cause by becoming official MS WALK® registration site and hosting MS awareness breakfast for Herndon, VA residents

RESTON, VA January 19, 2006 -- On April 02, 2006, Sequoia Health and Fitness, Inc. and the National Multiple Sclerosis Society will join forces to cure MS by launching a national campaign that designates SequoiaHealth.com as an official MS WALK® registration site. The goal is to encourage participation in the MS WALK-the Society's largest organized fund-raising event-and to raise money and awareness on behalf of the approximately 400,000 people living with MS in the United States. This is the first year that Sequoia and the Society have joined forces to raise awareness for MS-a chronic and often disabling disease of the central nervous system which strikes someone new virtually every hour of every day. ([See a list of participating locations](#))

SequoiaHealth.com will serve as an MS WALK registration site where clients, friends and visitors will have the opportunity to:

- Register for an official MS WALK taking place in local communities across the country;
- Receive information about the disease and the Society;
- Learn about local MS WALK team rallies and community events highlighting the partnership between Sequoia and local Society chapters;
- Support Phyliss Hurt and other local residents living with MS as they partake in the MS Walk

Support Phyliss Hurt and other Herndon Residents

Join **Team Sequoia** as we support Phyliss Hurt in the annual MS Fundraising Walk **Sunday April 2, 2006** as a part of the nationwide 2006 MS 3.5 Mile Charity Walk.

Here is a great example of a **FUN** physical activity. Phyliss Hurt has MS and has been working on her own cure. With the help of The Sequoia Health Team acupuncturist Sharon Crowell and Woody McMahon, personal trainer, Phyliss has improved her balance and ability to walk while reducing her knee and hip pain. **In her words, "I have been doing great."**

Several weeks ago, Phyliss and I were talking about the importance of setting strong health and fitness goals for the New Year. Phyliss decided she needed a challenge to keep herself focused and motivated for the coming year. Surprising me at the next session she said "**Woody, I decided to do the April 2nd 3.5 mile charity walk for MS.**" All I could say was "WOW." This really is a worthy challenge and I am proud Phyliss would even consider doing it. Completing the 3.5 mile walk is an excellent health and fitness goal for her. Phyliss is doing something good for herself by preparing for a specific, targeted event; she is also doing something good for all people with MS.

So here is the deal. We all need at least one good fitness goal for 2006 so I invite you, We all need at least one good fitness goal for 2006... **no I CHALLENGE everyone to sign-up for either the 3.5 or 6 mile walk.** If you don't want to walk you can run the course instead. If you can't attend, you can donate to the cause instead. But please come. Your whole family is invited; no walker is too young to get involved. Besides, it will be a lot of fun.

Team Sequoia will have prizes for the person that raises the most pledge money; wears the goofiest outfit; finishes without blisters on their feet. The American Tap Room, (ATR) at Reston Town Center has generously offered to sponsor a pre-walk breakfast. "The entire staff at ATR is proud to be a part of such a fun and worthy event" said Linda Wilson. To Join Team Sequoia or to find our more log on to www.SequoiaHealth.com/MS

About Sequoia Health and Fitness, Inc.

Sequoia Health and Fitness, Inc. is located at 483 A Carlisle Drive in Herndon, Virginia. Sequoia is the only full service healthy lifestyle facility of its kind in the Northern Virginia area. Specializing in integrated and balanced fitness, nutritional and stress reduction programs; Sequoia's team of 9 health and fitness professionals is ready to help you look and feel your best. Sequoia has been delivering quality health and fitness solutions for over 23 years to local residents and their families. For more information on the benefits of The Sequoia System please visit www.SequoiaHealth.com or call 703-464-5171.

About The MS Society

Founded in 1946, the National Multiple Sclerosis Society supports more MS research, offers more services for people with MS, provides more professional education programs, and furthers more MS advocacy efforts than any other MS organization in the world. visit www.nationalmssociety.org

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