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**New Video Helps Brides and Bridesmaids Look their Best**

*Heather Hawk Introduces "I Now Pronounce You"...Fit for a Wedding*

ST. LOUIS, MO (May 2006) – When the wedding bells chime, women want to be in the best shape of their life for the most important day of their life. Many women shutter at the thought of fitting in a workout routine while planning the big day. Of course every bride and bridesmaid wants to look her best in her dress. But, not everyone has the time or willpower to travel to a gym or fitness facility to get the workout they need. Heather Hawk's *"I Now Pronounce You"...Fit for a Wedding* is the answer.

"While I was planning my wedding, I realized how difficult it was to find the time to work out," said Hawk. "As a fitness professional my career and lifestyle revolve around being Healthy, but for many women that's not the case. This video is designed to help brides and bridesmaids attain the image they desire."

National media host and certified personal trainer, Hawk shares her health and fitness expertise in *"I Now Pronounce You"...Fit for a Wedding* with women looking to shape up for the big day. Hawk's wedding workout video includes three 10-minute workouts that can be done separately or together, skin care, nutrition and cardio tips for fast results.

"Planning a wedding is no piece of cake, and your workout should aid in relieving the pressures of such a monumental event," said Hawk. *"I Now Pronounce You"...Fit for a Wedding* fits conveniently into your busy schedule."

According to the American Council on Exercise, exercise stimulates neurotransmitters in the brain, which are believed to mediate moods and emotions, decreasing stress and anxiety. Thus, women planning a wedding should make an effort to work out paving the way for a less stressed road to marital bliss.

**About Heather Hawk**

As an advocate for the American Liver Foundation, National Down Syndrome Society, Muscular Dystrophy Association, Life Skills Foundation and the Spina Bifida Association of America, Hawk speaks publicly to raise awareness for these important groups. In recognition of her efforts, the American Liver Foundation named Hawk Media Person of the Year in 2000. Her commitment to community involvement is rooted in her own battle with spina bifida as a child, which quickly taught her the importance of strengthening the muscles that support the spine to alleviate her pain. From there she built a strong body and a strong desire to help others achieve their health and fitness goals.

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*"I Now Pronounce You" ...Fit for a Wedding*

Hawk graduated from Washington University's John M. Olin School of Business with a bachelor of science in business administration and marketing. Together with her personal training certification from the American Council for Exercise (ACE), Hawk combined her business savvy and passion for health and fitness to build Hawk on Health, LLC. Founded in 2002, Hawk on Health, LLC., promotes the significance of fitness, nutrition, wellness and medical issues encompassing every aspect of the Health and Fitness industry. Her company has helped reach millions through her weekly radio and television broadcasts, emphasizing lifestyle friendly health and fitness solutions. For more information, visit <http://www.hawkonhealth.com>.