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The Guilt-Free Coach helps raise funds for the Cystic Fibrosis Foundation & promote Guilt-Free Fitness Success

Cary, IL May 2, 2007 – On Saturday, May 19, 2007 Victoria Cook, The Guilt-Free Coach, will be inspiring participants to put *spring* back into their fitness goals as part of the Anytime Fitness-Lakemoor Open House and Cystic Fibrosis Foundation fundraiser. Between 12 – 1 PM, Cook will share her **“5 Steps to Guilt-Free Fitness Success”** at Anytime Fitness-Lakemoor located in Lakemoor Crossings at 28972 Route 120. “I’m excited to share steps for increasing motivation and success for fitness and health goals as well as help raise funds for the Cystic Fibrosis Foundation,” said Cook. This event is open to the public from Noon – 2 PM on May 19th and will also feature special offers from The Guilt-Free Coach & Anytime Fitness-Lakemoor, door prizes, raffles and food for attendees.

Ms. Cook is a graduate of The Coaches Training Institute, an Associate Certified Coach through the International Coach Federation, and Founder of **The Guilt-Free Coach**. She helps ambitious working Moms live *Guilt-Free* using her 4-step process for reclaiming time and energy to accomplish what really matters. After working with Victoria, clients feel they have greater balance in their life, excel in their business and, **most importantly**, have more time for themselves and their families. Frequently quoted in newspapers and other publications, Victoria herself is an ambitious working Mom of two and has been joyfully married to her husband, Brian, for 12 years. For additional details about The Guilt-Free Coach, contact Victoria Cook at 847-516-0190 or go to www.TheGuiltFreeCoach.com.

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