



Games That Are Good For You™

**For Immediate Release**

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**Chicago Fire Department Adopts Interactive Fitness Program -- Yourself!Fitness™ -- to Promote Health and Fitness for Department Staff**

***Innovative Technology Features a Virtual Personal Trainer, 500 Different Exercises, Personalized Training Options and 4,500 Healthy Recipes for Nutritional Support***

Chicago, IL. (November 18, 2004) -- The Chicago Fire Department plans to burn some calories this holiday season with the help of a new program for the PC and Xbox, Yourself!Fitness. The program represents a revolution in the gaming industry as it is focused on promoting an active lifestyle for men and women.

"The Chicago Fire Department is committed to providing innovative and creative fitness and training options for our diverse staff," said Chicago Fire Department Commissioner, Cortez Trotter. "Yourself!Fitness is one of the more creative and innovative options we are expecting to make available to department employees who are seeking something new and different in their quest to maintain their health and fitness."

The Yourself!Fitness program content is dynamic and fully interactive. It includes a complete fitness analysis, personalized goal setting options, a customized meal planner, a fitness calendar, multiple workout environments, multiple music options, over 200 health and fitness tips from *Prevention Magazine*, and a highly skilled virtual trainer.

"Helping people gain control over their health and fitness through the creation of innovative programs like Yourself!Fitness is at the core of why we created the program," said Ted Spooner. "We are thrilled – and consider it a tremendous honor - - that after only one month on the market, we have an opportunity to help firefighters, paramedics, their administrators and staff, make a commitment to their own health and fitness through the use of our program."

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**About Yourself!Fitness**

Yourself!Fitness represents an evolution in home fitness moving beyond one-dimensional fitness videos and self-help books as it is truly personalized and fully interactive. It represents a revolution in the gaming industry as it is focused on promoting an active lifestyle. For more information about Yourself!Fitness please go to [www.yourselffitness.com](http://www.yourselffitness.com).

Founded in 2003 by Ted Spooner and Phin Barnes, **responDESIGN** is a privately held corporation based in Portland, Oregon. responDESIGN's mission is to unlock the power of the program console by building "Games That Are Good For You™." For more information please go to [www.responDESIGN.com](http://www.responDESIGN.com) or contact Tricia Savitt, [tricia@threepr.com](mailto:tricia@threepr.com), direct: 503-449-6580.

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