

# Ultimate Summer Slimdown - a FREE 3-week online program, from Trainer to the Stars, David Kirsch

Submitted by: Sue Blake Media

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## PRESS RELEASE

### DAVID KIRSCH'S ULTIMATE SUMMER SLIMDOWN

- A FREE 3-WEEK ONLINE PROGRAM RUNS FROM 1ST MAY - 21ST MAY

27th April 2009/London - with Britain enjoying (at times!) a mini heat wave and many people now thinking about summer holidays and their Summer wardrobe, celebrated 'trainer to the stars' David Kirsch announces his FREE 3-week online Ultimate Summer Slimdown Program accessible via [www.davidkirschwellness.com](http://www.davidkirschwellness.com)

Log onto David's site ahead of 1st May and he will show you how to combine sound nutrition, sound exercise and sound supplementation to get ultimate results for weightless, inch loss, lifting/toning and sculpting to get your body (and your mind) tip top in record time to enjoy the sunshine. Just like Heidi Klum, Liv Tyler and Anne Hathaway train with David at his celebrated Club in Manhattan at the Madison Square Club.

In 3 short weeks this recession-proof no-excuses plan will provide you with all the tools you need to do his program at home .. forget the gym membership or personal trainer.

1st - 21st May (just days ahead of our holiday weekend in the UK and perhaps a 3 day heat wave??), subscribers will have complimentary access to David's Ultimate Summer Slimdown providing:

- Daily prescribed 60 - 90 minute workouts for maximising fat and calorie incineration while shaping, lifting and toning your body
- DK-approved low-fat, high flavour affordable recipes and nutrition tips for trimming down, toning up and staving off hunger/cravings
- 'Motivational Messages' from David - 'The Butt Master!'
- Access to David's Blog and direct interaction with David and the Community Forum for Q & A and fellow Ultimate Summer Slimdowners. Make sure you are part of the DK Buzz!
- A Forum to share your results with David
- A weekly eNewsletter with the 'Inside Scoop'

"I don't believe in the D-word - DIET," comments David. "That's a four- letter word that pretty much always leads to temptation, cheating and failure. Follow my Ultimate Summer Slimdown Program and you will enjoy eating frequent small healthy meals & snacks in combination with my exercise recommendations to raise (or kick-start) your metabolism, burn calories, reduce body fat, drop a dress size (or more) and increase your energy and give you a wellness glow and taught body to be the envy of your friends."

If you're ready to join David and take his FREE 3-Week Ultimate Summer Slimdown Challenge then log onto [www.davidkirschwellness.com/wellnesscompany/](http://www.davidkirschwellness.com/wellnesscompany/) BEFORE 1st May.

David is author of The Ultimate New York Body Plan (book/dvd, £17.99, McGraw-Hill) and The Ultimate New

York Diet (£14.99, McGraw-Hill). David's One of a Kind Supplements are available from [www.davidkirschwellness.com](http://www.davidkirschwellness.com)

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All UK publicity enquiries including requests for interviews with David Kirsch to Sue Blake Media on 0208 979 5220, [sue@sueblakemedia.co.uk](mailto:sue@sueblakemedia.co.uk)