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January 9, 2007

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**Aftermath of Hurricane Katrina Leads to a Win-Win for Mandeville LA Fitness Expert
and Mandeville's Fontainebleau High School**

In the fall of 2005, Ellen Miller, owner and operator of IsoBreathing®, Inc. feared her business would be lost to the devastation of Hurricane Katrina. Ms. Miller, a health and fitness professional and inventor of the revolutionary IsoBreathing® fitness program, teaches isometric exercise techniques and fitness at her studio in Mandeville.

In the aftermath of Katrina, when everyone was focused on simple survival and recovery, Ms. Miller was relieved and grateful that her studio was spared major physical damage, but was concerned about the loss of clientele. Understandably, no one had time or space in their priorities for staying healthy and fit, and her once-thriving business seemed doomed.

"I was concerned on more than just a business level, though," Ms. Miller explained. "My clients health and well-being also concerned me, and I hated to think of them slipping back into their old ways, and their old, unhealthy bodies."

Since she had begun to market her program via DVD earlier that year, she decided that until life returned to something more normal and people could once again get to the studio, more exercise DVDs were the answer, both to her business concerns and to the health of her clients. Inspired, she quickly wrote scripts for five new exercise videos her clients could do at home.

However, money to produce the videos wasn't there; every penny was earmarked for necessary home repairs. What to do?

Enter the Media Program at Fontainebleau High School, where her son, Josh is a student.

One day Josh came home with the news that his media instructor, Ms. Lyles, had given the okay to film the DVDs at the school, saying it would be a great project for the kids to work on.

"I really wasn't expecting professional results," Ms. Miller admits, "but I appreciated the offer and figured it would, at the very least, give me the opportunity to have a good run-through."

Two weeks later, the students began filming and their expertise and professionalism, "took my breath away," Ms. Miller says. She says that the end product is every bit as good as the first DVD she had produced by a professional studio in New Orleans.

The students have since filmed film all five DVDs and Ms. Miller has become a mentor for the Fontainebleau High School Media Program, giving them a percentage of each DVD sold to help support the media center.

"I wanted to tell this story," Ms. Miller says, "to show that while Katrina was a devastating event, with a profound and horrible impact on many lives, it also ignited the spark of all that's best in people ... spirits that won't be smothered, hopes that won't be destroyed, determination that will guarantee triumph, and the beauty of people working together for the best interests of all."

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