



***For Immediate Release
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Danialle Karmanos' Work It Out Extends Yoga Outreach Partnerships With Schools, Youth Organizations

University Prep, Boys & Girls Club Kids Learn to Make Healthy Choices Through DKWIO Program

DETROIT--January 12, 2009--Danialle Karmanos' Work It Out (DKWIO), a dynamic 501(c)(3) not-for-profit program dedicated to the physical, mental and spiritual wellness of children, today announced that it has extended its yoga outreach programs. Building on its highly successful fall sessions with kids from Boys & Girls Club and University Preparatory Science and Math Academy (UPSM), DKWIO will provide professional yoga instruction and nutrition information—as well as mediation and relaxation training—to more than 150 children over the remainder of the school year.

“DKWIO continues to break ground in equipping kids to make healthy choices,” said DKWIO Founder and Executive Director Danialle Karmanos. “Our holistic, yoga-based approach gives children the resources they need to fight childhood obesity, to reduce anxiety and to live a healthy life. I’m thrilled that we are continuing to partner with the kids, families and leaders of Boys & Girls Club and University Prep.”

Fall Sessions Deliver Results

From September to December of 2008, DKWIO volunteers provided professional yoga instruction to more than 50 students from University Prep. Through DKWIO’s unique one-hour formula--mediation, demonstration, yoga activity, recap and relaxation--kids enjoyed proven, guided and professional sessions that augmented their toolsets for making healthy life choices.

“Healthy students learn--and behave--better,” said Margaret Trimer-Hartley, superintendent of UPSM in Detroit. “Partnering with DKWIO has helped UPSM Middle School reinforce fitness, nutrition and focus. There’s nothing cooler than watching our fidgety middle-school students get still and quiet during their weekly DKWIO yoga sessions. The program has put us well on our way to building a culture around healthy habits.”

Boys & Girls Club of Southeastern Michigan (Fauver-Martin Club) kids also benefited from the fall program. Through the 10-week program, DKWIO volunteers helped 10-15 kids per week build a foundation for lifelong health through professional yoga instruction and nutrition information.

“DKWIO has helped get our kids away from the TV and video game world and actively engaged in life,” said Jeanette Kwiatowski, Fauver-Martin Club Director. “Our kids love the program, and I look forward to continuing our partnership with DKWIO throughout the remainder of the school-year and beyond.”

About Danialle Karmanos' Work It Out

Founded in 2005, Danialle Karmanos' Work It Out (DKWIO) provides children—particularly at-risk children—and their families the tools, information and resources they need to make healthy choices. Through its uniquely yoga-based approach and collaborative philosophy, DKWIO exponentially increases the power of kids and families to foster and maintain health in mind, in body and in spirit.

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Press Contact

Laura Mackiewicz, Director of Operations, Danialle Karmanos' Work It Out, 313-227-7946,
laura.mackiewicz@dkwio.org.