



**PARTICIPANTS AT 2008 AVON WALK FOR BREAST CANCER®
WILL BE MORE THAN READY THANKS TO LOCAL FITNESS
EXPERT CLARITA'S SIZZLING WARM-UP**

*The Mambo Mania Creator Insists the Best Way to Warm-Up Essential Core Muscles
for the 2-Day, 39-Mile Walk is to Shake Those Hips!*

Los Angeles, CA - September 11, 2008: Local fitness expert, [Clarita](#), is proud to have been selected as the official warm-up leader for the 8th Annual [Avon Walk for Breast Cancer in Los Angeles](#). The event kicks off Saturday, September 13th at 6:30 am and covers 39 miles throughout Long Beach over two days. Clarita will lead over 3000 walkers in a Latin-dance inspired warm-up that concentrates on warming core muscles which will prepare them for the long walk. Clarita is a resident of San Pedro where she operates her Personal Best Studio featuring her popular [Mambo Mania](#) classes.

Clarita jumped at the opportunity to support the Avon Walk because, like many, she has been personally affected by breast cancer. Clarita recalls, "When I lost my best friend, Toni Mossberg, to the disease I was truly devastated and I wanted to do anything I could to support breast cancer awareness and research." Soon after, she met Lois Thornburg, who had discovered Mambo Mania workouts while undergoing breast cancer treatments. A four-year survivor, Lois feels healthier and stronger than ever before stating, "Mambo Mania has restored my femininity and power." Lois is now working at Personal Best as a Mambo Mania instructor.

Personal Best hosted a "Mambo Nights" fundraiser in June to raise money for the Avon Organization featuring Latin Dance instruction and entertainment. Following the Avon Walk warm-up this Saturday, Clarita will host a CPR certification class at 1:00 pm at the Personal Best Studio, which is preparing to celebrate its one year anniversary on the 27th of September. The studio is located at 643 West 6th Street in San Pedro.

Clarita is founder and CEO of Personal Best, a "whole life warehouse" and fitness counseling company. The company offers Mambo Mania, yoga and Pilates classes, "mini spa" services, hair-care and chiropractic care. Personal Best also organizes and facilitates testimonial study groups for infomercial marketing companies. Clarita is dedicated to educating and transforming people's lives into their personal best through the power of Latin music and movement. Mambo Mania DVDs and Clarita's Metabolic Cure are available online at www.mambomania.net. For more visit www.personalbestenterprises.net

For more information regarding this topic, or to schedule an interview with Clarita, please call Angela Moore at 310.429.8868 or email Angela at angela@starfish-pr.com

