



Sonki Fitness Founder to Perform Extreme Fitness for Charity

LOS ANGELES, CA (Jul 14, 2004) – Sonki Hong, founder of Sonki Fitness, will perform 300 push-ups, 300 sit-ups, 100 pull-ups, and 3 mile run in under an hour on July 22 to raise money for the American Cancer Society Relay For Life, a 24-hour relay event to raise awareness of cancer in the community and funds to fight cancer.

“Cancer is a serious disease, and we all need to do more to help find a cure,” says Sonki, a five-time STREND (Strength & Endurance) World Fitness Champion. “I’m honored to be able to contribute to this wonderful cause through my passion which is fitness.”

Relay For Life takes place in over 3,800 communities nationwide and is the largest annual not-for-profit fundraising event in the world. In 2003, over 2.5 million people, including 500,000 cancer survivors, participated in this event, raising more than \$300 million.

After the individual fundraising event on July 22, Sonki will also lead a team of 20 runners/walkers at the Relay For Life event on July 24 – 25 at Santa Monica College. His team last year ran a collective 138 miles and was one of the top fundraising teams.

In addition to his five World Fitness Championships, Sonki is a top fitness graduate from West Point and a certified Master Fitness Trainer through the U.S. Army. Utilizing his expertise and background from West Point and the military, he now spends his time training civilian clients using his NOW™ (New Optimal Workout) program, which was developed to challenge, motivate, inspire, and entertain while achieving a total body workout.

To donate to Sonki’s cause or watch him perform the fitness challenge, please visit www.SonkiFitness.com/RelayForLife.htm for more information. The event will take place at the Lincoln Middle School in Santa Monica at 1pm on July 22.

SONKI FITNESS, LLC is a Santa Monica based premier fitness company with one basic goal in mind: to get people in the best shape of their life, for life. It offers a variety of fitness programs including individual and group training, boot camp classes in Santa Monica and Beverly Hills, corporate training, and unique fitness vacation packages.