

**Exercise can be the key to
 Easing Stress, Depression and Dependence...
 Former Steroid, Alcohol and Drug Abuser
 Creates “Mindful Movements” Fitness Program**

**Stress and Depression Reach
 Epidemic Levels**

According to the National Institute of Mental Health:
18.8 million Americans suffer from depressive illness
 and **19 million have anxiety disorders.**

The National Council on Alcoholism and Drug
 Dependence reports that **18 million Americans have**
alcohol problems and **5 to 6 million have drug**
dependencies.

Since 1990, Jeff Rutstein has trained hundreds of
 individuals to overcome stress, depression and
 substance abuse through exercise. Unable to meet
 the demand for his personal training services, Jeff
 has chronicled his own rugged journey through
 substance abuse and recovery, and outlined his
 revolutionary treatment program in *“Rutstein on
 Fitness: Strengthening the Body to Heal the Mind”*
 to help the millions of people he cannot train
 personally.

Jeff has been the subject of reports by *The New
 York Times, CNN, Fox News, The Washington Post,*
 and others.



Jeff helps:

- ✓ Patients referred by their mental health counselor as part of a clinically subscribed treatment program.
- ✓ High profile professionals who seek to manage their everyday stress to be more productive.
- ✓ Adults, young and old, who are recovering from alcohol and drug abuse.

**Author of Rutstein on Fitness:
 tells your audience:**

- How he came back from the brink after years of substance abuse with a revolutionary exercise program.
- How his “mindful movements” exercise program has helped scores of patients, referred by Harvard physicians and other leading mental health professionals, lessen stress and depression.
- The science behind why anaerobic (strength training) exercise elevates mood and eliminates stress.
- 10 reasons why most people will NEVER to set foot in a gym.
- How to get started with a program listeners can do at home
- Step by step instructions for a program guaranteed to make people with depression feel better in 14 days.

**Interviews with Jeff Rutstein can be arranged by phone at 617-699-4427
 or jeff@FeelGoodExercise.com**

Rutstein on Fitness is available online at www.FeelGoodExercise.com