



Arden Hills Joins the “Fight For Air Climb” & Offers Strength & Conditioning at Top Notch Facility

Coordinated by American Lung Association, Climb is Scheduled for November 14, 2009

SACRAMENTO, Calif. (October 9, 2009) – Arden Hills Resort Club & Spa is proud to partner with the American Lung Association in the “Fight For Air Climb” scheduled for Saturday, November 14 in Sacramento. The challenge is to participate in a timed stair climb up 32 flights of stairs to the rooftop of the tallest building in the city located at 400 Capitol Mall. The fundraising event is aimed at improving air quality and striving for a world free of lung diseases such as asthma, lung cancer, and chronic obstructive pulmonary disease (COPD).

As a special training incentive, Arden Hills is offering a four-week training package for community members who want to join the *Arden Hills: Team Extreme* team which includes the following:

- Four-week team training effort on-site at Arden Hills that includes workouts led by Certified Strength and Conditioning Specialists (CSCS) in their new, state-of-the art Strength & Conditioning facility (two training sessions per week beginning October 19);
- Entry fee for climb;
- Donation to the American Lung Association (each participant is required to raise \$100);
- *Arden Hills: Team Extreme* t-shirt.

The four-week special team training package is open to everyone and costs \$205 per person.

In addition to the complete team training package outlined above, Arden Hills is also offering four-week training for Climb participants on other teams (for \$80) and an opportunity to be a part of the *Arden Hills: Team Extreme* but without the training sessions (for \$125).

“Lung health is a cause near and dear to me both personally and professionally,” said Robert Linkul, Strength & Conditioning Specialist at Arden Hills. “This ‘Fight For Air Climb’ is a great way to raise awareness to the cause while also learning how to achieve a fitness goal and train effectively to ensure success.”

For information about the *Arden Hills: Team Extreme* and other events, activities and wellness offerings at Arden Hills Resort Club & Spa, please call 916-482-6111 or visit www.ardenhills.net.

About Arden Hills Resort Club & Spa

For more than a half century, Arden Hills has been at the forefront of inspiring young and old to experience a more abundant life. Whether it is world-class athletes needing that extra edge, business professionals looking to improve their productivity, or individuals seeking to improve their self image through health and beauty enhancement, they all look to Arden Hills Resort Club & Spa, a state-of-the-art wellness resort offering cutting edge technology and education combined with first-class service. Sound nutrition is the foundation of our wellness philosophy. Our award winning chefs specialize in natural, organic whole foods and are supported by a highly trained nutritional staff. Situated in the heart of California’s capital, Arden Hills has been both world-renowned and treasured by locals throughout its colorful history. The wealth of services offered at Arden Hills are available to both members and to daily and overnight guests. Enter the resort and be prepared to be transformed on your way to a more fulfilling life of health and happiness. To explore and experience the wide range of wellness offerings available to everyone, visit www.ardenhills.net or call 916-482-6111.

Media Contacts: Courtney CaJacob at 916-482-6111 or Traci Rockefeller Cusack at 916-213-4373.

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