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More Information Contact:

Heidi Raker

MAXFIT PR/Raker Goldstein 201-784-1818, 201-681-5878

heidi@rakergoldstein.com

Bergen County Human Interest Story Idea:

How Fitness Keeps Disabled Scott Christen Going and Inspiring Others

Spinning Enthusiast Motivates Fellow Riders at MAXFIT Spinning® Studio

(Cresskill, NJ: January 5, 2012) Scott Christen, 49 year old Tenafly native, is one of the biggest inspirations to the fitness enthusiasts at MAXFIT, Bergen's first and leading Spinning® studio and fitness facility. Scott isn't leaner or more buff than the other spinners, pilates and private training clients at the newly opened Cresskill studio. It's his determination as a deaf, disabled man who uses a walker to make the daily weekday trek from his Tenafly home to the studio (one hour each way), in combination with his enthusiasm, spirit and endurance in spite of numerous neurological impairments that motivates his fellow spinners.

"I have been training Scott for 12 years now and I am proud at the enormous progress he has made physically and emotionally, dropping nearly 50 pounds and improving his balance and stamina through a disciplined daily routine that alternates mat and strength-building machine work with spinning," said Chris Miller, MAXFIT owner, certified NASM personal trainer for over 20 years and certified SPIN® instructor for 12 years. "Scott can no longer hear the instructions or the music in our spinning classes, yet he keeps pace and follows my lead through lip reading and visual cues. His fierce determination is extremely motivating to the rest of our spinners, all of whom cheer Scott on only to be equally inspired in return by his spirit."

Diagnosed several years ago with Hydrocephalus, a buildup of fluid inside the skull, Scott has memory impairment and difficulty concentrating. Surgery for this condition left Scott in a wheelchair 15 years ago. Around that time by chance, Scott passed by MAXFIT's studio, then located in Closter at Kmart Plaza and rekindled what had been a high school relationship with Chris. Their bonding saw Scott through continued failed health, a marriage, adoption of two children, loss of employment and subsequent divorce. Maintaining the fitness routine that Chris designed for Scott proved to be essential to his ability to cope with the stress of his personal life. Scott's love for music motivated him to keep pace in the demanding stationary cycling classes known as

spinning that Chris taught at MAXFIT. Using visual imagery and pulsating music, Chris's spinning classes drew Scott in and became central to his fitness regimen. In time, Scott's hearing loss increased, leaving him classified as having Profound Deafness. Even though he could no longer hear the music, Scott still attended spinning classes feeling the music's vibration and enjoying the energy he sensed in the room.

"I came out of surgery wheelchair-bound and with some physical therapy eventually graduated to walker, which I still use. My sense of balance was all but gone, but the strength in my legs was still good and back on the exercise bike I went. So I can't get up off the seat while pedaling like others can, but spinning is still as great as ever and my fellow riders only enhance that feeling," said Mr. Christen. "My work with Chris Miller and the people at MAXFIT for the last 12 years has kept my spirits up and my health in good condition. My doctors gave me little hope for progress, but I feel that MAXFIT has been the key to my recovery. In the last 12 months, I have lost 50 pounds and I feel stronger than ever." Mr. Christen is a volunteer at Demarest United Methodist Church, where he refinishes furniture and provides general support to the parish administrators.

MAXFIT, Bergen County's #1 Spinning® studio and a family-owned and operated facility, is located at 15 Broadway, Cresskill, NJ. For Spinning® class descriptions, schedules and information on pilates, personal and group training programs, visit www.maxfit.com. To contact owners Chris Miller, personal trainer, and Amy Miller, personal trainer/operations, please call (201) 399-7070.

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