



CARDINAL FITNESS HELPS TROOPS Fitness Centers Aid In Donations to Soldiers

4/21/10 – Orland Park, IL – During the month of May, Cardinal Fitness is giving everyone the chance to help American troops away from home, through the online store at cardinalfitness.com/shop and donations at the fitness centers. At the Cardinal Fitness online store checkout, customers will have the opportunity to donate to VFW Operation Uplink, an organization that purchases prepaid phone cards for soldiers. As a community-based fitness center, Cardinal Fitness supports the American troops and wants to give them every opportunity available to reach friends and family back home. When any item is purchased from the Cardinal Fitness online store, shoppers have a chance to donate to this patriotic organization. A variety of items are available on the online store, including patriotic apparel and fitness wear. To visit the store, please go to www.cardinalfitness.com/shop.

"Operation Uplink and Cardinal Fitness have partnered during this time to help our troops away from home. Cardinal Fitness has given online shoppers a great opportunity to help our soldiers get back in touch with missed family and friends, by providing a link to www.operationuplink.org. Even the smallest donations are a tremendous help," said Emilie McClughen, Cardinal Fitness Director of Marketing. "Our Cardinal Fitness locations are also helping troops with a military supply drive. Anyone can stop by their local Cardinal Fitness location to donate.."

In addition to helping troops via the online store, Cardinal Fitness locations are collecting needed items in-club. Donation boxes can be found at your neighborhood Cardinal Fitness location with a list of requested needed items. All items will be donated to Operation Support Our Troops.

For more information on Cardinal Fitness's efforts and how you can help, please visit cardinalfitness.com. Cardinal Fitness fans can follow us online at facebook.com/cardinalfitness and at twitter.com/cardinalfitness. Also, please visit www.operationuplink.org to donate to the cause.

About Cardinal Fitness

Cardinal Fitness is a state-of-the-art fitness center that offers memberships for only \$19.95 per month. Memberships are month-to-month with no long-term contracts. As one of the fastest-growing health club chains in the Midwest, members enjoy access to more than 50 locations. Cardinal Fitness is committed to promoting health and fitness in its local communities as well as helping members incorporate fitness into their everyday lives. A supervised Kids Room is available at most locations for kids 6 months to 12 years old, so parents can bring their kids while they workout. Cardinal Fitness offers state-of-the-art equipment and a variety of amenities including free equipment instructions, personal training, cardio and strength equipment, free weights, a supervised Kids Room, and tanning (where available).

About VFW Operation Uplink

VFW Operation Uplink™ is a VFW program that connects heroes around the world with their loved ones. Since 1996, VFW has made over 11 million connections for active-duty troops and hospitalized veterans and provided nearly 4 million connections through VFW "Free Calls Days" in Iraq, Afghanistan and Kuwait. Corporations or individuals interested in donating to the program or sponsoring a Free Call Day are encouraged to contact Linda Ferguson of VFW National Military Services at 816-968-1102 or lferguson@vfw.org.

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