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***Younger Next Year*<sup>™</sup> Co-Author, Chris Crowley, is Guest Speaker at BTS Summit**

**Atlanta, GA – October 27, 2006** – Body Training Systems<sup>®</sup> (BTS), providers of branded systems, announces that Chris Crowley, New York Times best selling co-author of the *Younger Next Year*<sup>™</sup> books, will be a special guest speaker at the BTS Summit in Portland, OR November 10<sup>th</sup>.

Turn back your biological clock! Chris will summarize the thesis he and his co-author, Dr. Henry Lodge, write about in their books. *Younger Next Year*<sup>™</sup> draws on the latest science of aging to show how men and women 50 or older can become functionally younger every year for the next five to ten years, and continue to live like fifty-year-olds until well into their eighties. As a result, you will enjoy life, be stronger, be healthier, and stave off 70% of the normal decay associated with aging and eliminate over 50% of all illness and potential injuries.

The books by Crowley and Lodge M.D. have been characterized by the Washington Post as “brain-rattling, irresistible, hilarious...It could change your life.”

Newsweek has this to say, “Meet Chris Crowley who, together with his doctor, Harry Lodge, is on a mission to change your life. Their book...is a wise cracking but scientifically serious guide to health for middle aged men [and women].” It goes on, “What sets the book apart from its self help brethren is its ebullient personality – which is mostly Chris’. Chris laces his very practical how-to-advice with hilarious, self-effacing personal anecdotes, like the time he skied so hard it hurt to sleep... [He] writes like he talks, in full paragraphs...but always hammering at his point.”

Rich Boggs, CEO of BTS, notes with excitement, “We are extremely flattered that such a passionate, high-quality individual such as Chris will bring this very important and timely message to our industry at our BTS Summit.”

Chris Crowley is also a regular featured speaker to numerous groups. A retired litigation partner at the New York law firm, Davis Polk & Wardwell, Chris now lives in New York City and Lakeville, Connecticut. To learn more, visit [www.crowcreative.com](http://www.crowcreative.com).

The BTS Summit, being held at the Portland Convention Center November 9-11, brings together over 300 club owners, managers and instructors who strive to improve their business through group fitness. There are four management sessions over two days and two full days dedicated to instructors. For attendees, 15 copies of *Younger Next Year*<sup>™</sup> will be autographed by Chris and raffled at his session.

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**About Body Training Systems<sup>®</sup>**

Body Training Systems, a division of The STEP Company<sup>®</sup>, provides branded systems to improve clubs' profitability. BTS' group fitness system includes comprehensive management, programming, training and marketing resources. BTS' group brands are Group Power<sup>®</sup>, Group Centergy<sup>®</sup>, Group Step<sup>®</sup>, Group Kick<sup>®</sup>, Group Ride<sup>™</sup>, Group Groove<sup>®</sup> and Group Active<sup>™</sup>. BTS launched The STEP<sup>®</sup> worldwide in 1989. For more information, call 800-729-7837 or visit [www.bodytrainingsystems.com](http://www.bodytrainingsystems.com).