

FitOne hosted a "Day of Impact" to help out victims of Hurricane Sandy in NJ and NY on December 10th, 2012. On that day, \$40 was donated from every individual and buddy session completed at the studio as well as 50% of all group class rates to victims in need. FitOne joined together with gyms and studios across the country in an effort to raise money and help relief efforts. FitOne raised a total of \$1500 for this great cause. Below is the news article from Todd Durkin, coordinator of this event, sent out on January 11th, 2013 with the total amount raised.

"DAY OF IMPACT Recap"

On November 16, 2012, I made an industry-wide plea. Just 19 days after Hurricane Sandy pummeled the East Coast, I encouraged all trainers and facilities to **DO SOMETHING**.

It was the same day that I announced that the Durkin IMPACT Foundation would be created and that we would be holding a **"Day of IMPACT"** on Dec 9th at Fitness Quest 10 in San Diego, CA, to raise money for victims of Hurricane Sandy.

And more importantly, my encouragement was to have trainers and facilities world-wide host their own "Day of IMPACT."

I am pleased to announce today that over 60 trainers, studios, and health clubs participated in the month of December, and together we raised over \$69,000! Over 2,000 people around the world participated in "Day of IMPACT" events and contributed to a great cause.

To see a list of the trainers, studios, and health clubs that participated, [click here](#).

Information on Todd Durkin:

Todd Durkin, MA, CSCS, is an internationally recognized performance coach, personal trainer and massage therapist who motivates, educates and inspires people worldwide. He is the owner of Fitness Quest 10 in San Diego, CA, where his wonderful team of 35 focuses on personal training, massage therapy, Pilates, yoga, sports performance training and nutrition to help transform the bodies, minds and spirits of a broad clientele. Todd trains dozens of NFL and MLB athletes. He is the head of the Under Armour Performance Training Council, serves on the Gatorade G-Fit Team, and is a

featured presenter on the Perform Better educational circuit. He is a two-time Trainer of the Year (IDEA and ACE). Additionally, Todd provides motivational talks and programs to companies and conferences worldwide.

Men's Health recently named his gym, Fitness Quest 10, one of the Top 10 Gyms in the US. Todd has appeared on 60 Minutes, ESPN, NFL Network and has been featured in Sports Illustrated, USA Today, Business Week, Prevention, ESPN the Magazine, Men's Health, Men's Fitness, Men's Journal, Stack Magazine, Self, Shape, Fitness, the NY Times and Washington Post. Todd has authored 35 DVDs on strength and conditioning, functional fitness, massage/bodywork and business/personal growth.

His book, The IMPACT! Body Plan, is a 10 Week comprehensive program designed to create world-class fitness and life performance. You can sign up for Todd's FREE award-winning Ezine newsletter, the TD TIMES, at www.FitnessQuest10.com or www.ToddDurkin.com.