



**Mentalfitness** and **Holmes Place Geneva** launch innovative **Life Coaching services**.

**Mentalfitness**, the leading provider of innovative counselling and coaching services for the international community in Geneva, and **Holmes Place**, the premium health club chain, today announced that they have agreed to jointly market an innovative Life Coaching service, targeted to Holmes Place members in the Geneva region.

**“Living a healthy, balanced life is a primary goal most Holmes Place customers aspire to”** said Paul Danby, Holmes Place director for Geneva and Lausanne. He continued, **“We believe that positive change comes about when people feel in control and happy about their choices.”**

**“The “Life Coaching from Holmes Place” service will enable Holmes Place members to identify issues that may have prevented them from taking full advantage of their potential and encourage them to commit to areas of change and personal growth”** said David Lawson, co-founder of Mental Fitness.

**“Holmes Place already provides an extensive range of services to its customer base with a focus on fitness, health and nutrition. Our partnership with Mental Fitness provides a unique, professional and innovative service permitting our members to get the most out of themselves and their lives”**, continued Paul Danby.

*This new service will be available to Holmes Place members from May 1<sup>st</sup> 2007. To know more about the benefits of Life Coaching from Holmes Place, please contact Mental Fitness at [info@mentalfitness.ch](mailto:info@mentalfitness.ch).*

*To register, please contact Holmes Place in Geneva at Tel: 022 818 47 70.*

### **About Mentalfitness**

Mental Fitness is the leading provider of innovative coaching and counselling services for the international community in the Geneva and Vaud regions.

<http://www.mentalfitness.ch>

### **About Holmes Place**

Holmes Place is the leading organization in the fitness arena with extensive coverage in Europe. The Geneva branch underwent a major renovation and extension of its premises in 2006 and is unparalleled both in terms of the range and quality of the services provided.

<http://www.holmesplace.ch>

Paul Danby, Director, Holmes Place Geneva - Switzerland