

EIGHT FINALISTS LOSE 685 POUNDS AND GAIN \$800,000

HEALTH AND FITNESS COMPANY BEACHBODY® AWARDS CASH PRIZES TO WINNERS IN GALA EVENT

SANTA MONICA, CA (March 19, 2009) - In one of the most anticipated and inspiring events of the year, Beachbody.com (developer of [P90X®](#)) awarded \$800,000 on Saturday night to eight victorious contenders with the most dramatic fitness and weight loss transformations of the year. At Universal City, Hollywood, CA, two Grand Prize Winners were awarded \$250,000 each:

- Dallas Carter, 26, from Mililani, HI
 - Weight - Lost 190 pounds (355 lbs to 165 lbs)
 - Body Fat - Went from 39% to 14% (64% loss!)
 - Waist - 21 inches lost
- Kristy McLean, 34, from Foothill Ranch, CA
 - Weight - Lost 90 pounds (235 lbs to 145 lbs)
 - Body Fat - Went from 33% to 12% (64% loss!)
 - Waist - 11 inches lost

[Beachbody](#) awards prizes every year to the users of their products that show the most exceptional transformations. In addition to the winners above, six finalists were honored with \$50,000 for their profound health and weight loss achievements. Each jubilant winner's gripping emotional stories were shared in front of 750 fitness enthusiasts at Universal's Globe Theatre. Finalists were chosen from thousands of qualifiers from all over the country.

Beachbody CEO Carl Daikeler and President Jon Congdon hosted the gala along with Team Beachbody® Club Members and celebrity fitness experts Tony Horton ([P90X](#)), Chalene Johnson ([Turbo Jam](#)®), and Debbie Siebers ([Slim in 6](#)®). In spite of the world's recession, Beachbody continues to reward individuals with large sums of cash in an annual event for those who have transformed their lives to better health and fitness.

Dallas Carter, a native Hawaiian who was on his way to diabetes and heart disease like so many other members of his family, said, "My family and my doctor are still in complete shock over the transformation I have gone through. I started from barely fitting in one airplane seat. When our first baby was born, I knew I had to do something about my weight. I could hardly hold my own daughter close because of my size. Now, after [P90X](#), I hike, climb mountains, and enjoy food more than ever, and I believe anyone can get control of their health."

The Women's Category winner, Kristy McLean, said "At one time, I felt like I was born to be fat. Like many women, I did a lot of yo-yo dieting. After I had my first baby, I was in a size 20. Now, after [Turbo Jam](#), I feel so good and strong and if I can do it, anyone can. I feel so confident and inspired, I've become an exercise instructor myself.

Carl Daikeler, Chairman and Chief Executive Officer of Beachbody, says, “Our company is all about helping people achieve their goals to lead healthy, fulfilling lives. The days of the gym as a default method to get in shape are coming to a close. The era of home-based fitness supported by an enthusiastic online community is here - and our second annual Million Dollar Body event is just the beginning of great things to come.”

Additional finalists who won \$50,000 include:

Gender	Age Group	Finalist	Weight Lost	Hometown	Workout Program
Women	18-29	Jocelyn Dworakowski,	lost 87 lbs	South Haven, Michigan	10 Minute Trainer®
Men	30-39	Thomas Mygrant	lost 112 lbs	Bellevue, Ohio	P90X®
Men	40-49	Dale Bramall	lost 104 lbs	Citrus Springs, Florida	P90X®
Women	40-49	Audrey Nichelson	lost 50 lbs	Lincoln, Nebraska	Power 90®
Men	50+ (55 years old)	Bill Schlotman	lost 24 lbs	Evergreen, Colorado	Turbo Jam®
Women	50+ (62 years old)	Mary Crawford	lost 28 lbs	Woodland, California	Power 90®

About Beachbody: Founded in 1998 by Product Partners, LLC, of Santa Monica, Beachbody® is the creator of the nation's most popular in-home fitness and weight loss solutions. Beachbody products include [P90X®](#), [Kathy Smith’s Project:YOU! Type 2](#), [Yoga Booty Ballet®](#), [Slim in 6®](#), [Power 90®](#), [Turbo Jam®](#), and [Hip Hop Abs®](#) among many others, that combine challenging video-based fitness programs with easy-to-follow guidelines and an unparalleled online support system. Beachbody is working with the American Diabetes Association to encourage people with diabetes to live a healthy lifestyle and is making contributions to defeat diabetes. The company's mission is to help people achieve their goals and lead healthy, fulfilling lives.

For Additional Finalists Stories, Links and Websites, and to Download images and video:

- www.milliondollarbody.com
- www.beachbody.com

INTERVIEWS AVAILABLE UPON REQUEST

Media Contact: Carol Eisner (310) 839-1400
eisnerpr@ca.rr.com

Beachbody Contact: Philippa Bernstein (310) 467-7456
pbernstein@beachbody.com

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