

Lady of America Warns Women Must Stay Hydrated In the Gym While Working Out

Leading women's fitness franchise reminds women to drink plenty of fluids before and after workout routines.

FORT LAUDERDALE, FL – June 16, 2009 - Lady of America fitness centers is putting out a warning to all women in the gym, "Drink Plenty of Fluids!" The leader in women's fitness is putting out a warning for all women in the gym, to make sure they are drinking plenty of fluids as the temperatures across the country start to heat up for summer time.

Several studies have been published about drinking fluids for those who workout and don't workout. Women in the gym must consume more fluids as they can very easily sweat it out and need to replenish before and after a workout routine.

"Time and time again women don't drink the proper fluids and become light headed or even pass out in the middle of their workout routines. Women and men must drink water, or some substitute but need to remember coffee is not one of them," said Natalie Brabner, Lady of America's official trainer. "Keeping yourself hydrated will also help you through the day, ensuring joints aren't sore.

Lady of America and LOA Fitness for Women clubs are full-service fitness clubs that offer members Pilates, Yoga and all level group fitness classes. The women only fitness centers offer a complete workout experience to help members achieve their fitness goals.

About Lady of America

For more than 25 years, Lady of America Franchise Corporation (LOAFC) has been an innovator in the constantly evolving business of women's fitness. LOAFC was established in 1984 with the goal of providing a safe and rewarding environment to women working on their fitness and lifestyle goals while enjoying the company and support of other women. Today, LOAFC is the world's largest full-service chain of women's fitness centers with over 300 franchises in operation across 45 states and nine countries under the brands; LOA Fitness for Women, Lady of America, Ladies Workout Express, Workout Express and Health Clubs of America fitness centers. www.ladyofamerica.com