

## Legislative Updates

**ILLINOIS:** The IL 2009 session opened January 14, and a bill granting “partially staffed” fitness clubs an exemption from certain staffing requirements is expected to be introduced within the next few weeks. HB 4485 will be sponsored by Sen. Kotowski and Rep. Burke. IHRSA’s legislative analyst Tim Sullivan says, “Our lobbyist is optimistic that we can get this passed.”

**NEW YORK:** Last week, IHRSA launched a “Grassroots Initiative” urging fitness professionals to speak out against Governor Patterson’s proposed expansion of the sales tax to health club membership dues and services. Facing an estimated \$12 billion budget shortfall, the fitness industry must speak loudly and together to protect healthy lifestyles. Learn more and get involved today at [ihrsa.org/newyork](http://ihrsa.org/newyork).

**COLORADO:** On January 7, legislation was introduced in the Colorado Assembly that would allow insurance companies to reward people for taking part in preventative health care programs. House Bill 1012 would authorize insurance providers to offer incentives for covered persons and groups to participate in wellness programs. The bill specifically includes health club memberships as a wellness program. For full details visit [ihrsa.org/colorado](http://ihrsa.org/colorado).

**MISSOURI:** Last week, legislation was introduced in the State Assembly that would not only remove Missouri’s sales tax on physical activity, but also offer residents a tax incentive to engage in a healthier lifestyle. On January 7, Representative Brian Yates introduced House Bill 223, which would repeal the state sales tax on health club membership dues and provide for an income tax deduction for the cost of a health club membership and the purchase of fitness equipment beginning January 1, 2009.

If you have any questions regarding statewide legislation, please contact Tim Sullivan, Legislative Analyst for IHRSA, at [ts@ihrsa.org](mailto:ts@ihrsa.org) or (800) 228-4772.

## "Losers" Available to Appear at Your Special Event

**F**resh from their stint on NBC’s *The Biggest Loser: Families, Anytime Fitness* members Adam and Stacey Capers of Gainesville, VA have entered the next phase of their weight loss journey – keeping the weight off.

As members of Anytime Fitness in Vienna, VA the Capers developed a great support system with staff and other gym members to keep them motivated. From the first day they entered the Vienna Anytime, they felt they were embraced as family by owner Rachelle Fletcher and manager Shannon Thomas, which was exactly what they needed to continue their *Biggest Loser* journey at home.

Adam and Stacey, who work full-time for the same company and are raising two children (7 and 18 months), continued their daily 2 1/2 hour exercise routine. They split their time at the gym in the mornings and evenings and worked out together during their lunch hour. They hired personal trainer Roger Mack (who works out of the Vienna Anytime) to help them take their workouts to the next level, three times per week. On evenings and weekends, they took advantage of the facilities at their neighborhood Anytime Fitness in Gainesville. This rigorous exercise regimen, combined with the lessons they learned about nutrition, helped Adam and Stacey drop 145 pounds together by the show’s finale in December.



The Capers’ want to share all of the tips and lessons they learned from their *Biggest Loser* experience with people who too have struggled with losing weight while struggling with real-world pressures and temptations. They have recently launched a fitness company called I Can Do Fitness geared toward helping everyday people be successful at achieving real results by designing a fitness plan that works for them. If you would like Adam and Stacey to visit your gym to talk about fitness or their *Biggest Loser* experience, please visit their website at [www.icandofitness.com](http://www.icandofitness.com) or email [stacey@icandofitness.com](mailto:stacey@icandofitness.com).

**“I Do It” in Cancun.**  
Jamie Hardt of Delafield, WI  
spreads the word while  
vacationing.