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### **JCC Fitness and Wellness instructor Elizabeth Miller to be featured in upcoming Dove product ad**

Elizabeth Miller, member of and fitness instructor at the JCC of Central New Jersey in Scotch Plains, is featured in a Dove ad in this December's issue of *Women's Health Magazine*. Elizabeth is very interested in and committed to fitness and wellness so it was a natural fit when she started participating in *Women's Health Magazine* readers' panel. Periodically she would answer surveys about services or products, and when *Women's Health* asked her to try Dove's new Nutrium moisture product for fourteen days and provide product feedback she did so willingly. She was asked to be part of the new Dove print advertising campaign which broke in October.

Elizabeth, who has been a fitness instructor at the JCC for the last 2½ years has her Masters in Public Health from Columbia University. She has spent her career merging exercise, lifestyle and nutrition to develop programs which help people stay healthy and prevent disease. She has had her ACE (American Council on Exercise) certification for 10 years and has been a personal trainer since. At the JCC, she teaches Butts and Guts for toning, Bosu® for sculpting, balance and cardio training and Boot Camp.

Beginning Wednesday, December 16 at 9:30 a.m., Elizabeth will kick off a new Wellness lecture series at the JCC. The initial lecture, "*Women and Metabolism*" is targeted to women of all ages and will help them learn how lifestyle factors can maximize their metabolism. This lecture, which is free, is open to JCC members as well as the community and will be held at the JCC, 1391 Martine Avenue in Scotch Plains.

Future topics, targeted at a variety of audiences, will include *Nutrient Timing for Sports Performance*, *How to Age Well*, *Psychology of Weight Loss* and *Understanding Food Cravings*. Additional Wellness programming such as a comprehensive weight management program is also upcoming.

For more information about the JCC's Fitness and Wellness programs and personal training, contact Debi Price, Fitness Manager, at [dprice@jccnj.org](mailto:dprice@jccnj.org) or 889-8800, ext. 225.

The JCC of Central New Jersey is located at 1391 Martine Avenue in Scotch Plains. The JCC of Central New Jersey is a constituent agency of the Jewish Federation of Central New Jersey, United Way and the United Fund of Westfield. Financial assistance is available for membership and various programs.

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December Dove ad pdf attached.

# THEY TRIED IT— AND LOVED IT!



Can a body wash really make a difference? Women's Health readers put new Dove Body Wash with NutriumMoisture™ to the test. Here's what they had to say.



**MEGHAN** - Accounting professional  
East Rochester, NY

"I absolutely LOVE new Dove Body Wash with NutriumMoisture™! I love the scent and how it moisturizes my skin. I love that my skin feels so soft and smooth right out of the shower."



**ELIZABETH** - Healthy Lifestyle  
Consultant, Westfield, NJ

"I always thought that dry skin was the price I paid for being athletic.... But now that I'm using new Dove Body Wash with NutriumMoisture™, I can look strong and fit and have smooth skin, too!"

## 96%

OF READERS  
POLLED SAID  
THEY WOULD  
**RECOMMEND**  
DOVE WITH  
NUTRIUM-  
MOISTURE™  
TO OTHERS



**PENNY** - Owner, Land Surveying  
Company, Davidsonville, MD

"I love the way new Dove Body Wash with NutriumMoisture™ improves my skin's texture, especially on my arms and legs. I feel soft and silky all over."



**JENNIFER** - Litigation Case Manager  
Forest Hills, NY

"The nourishing effect of new Dove Body Wash with NutriumMoisture™ has helped speed up my morning routine. I no longer use a separate moisturizer when I get out of the shower!"

## 83%

OF WOMEN'S  
HEALTH READERS  
POLLED SAID  
THEIR SKIN  
FELT SOFT OR  
**EXTREMELY**  
**SOFT** AFTER  
USING DOVE  
WITH NUTRIUM-  
MOISTURE™