

SHOPPING

PEOPLE

+ FEELING STRESSED? LEARN HOW TO MANAGE IT

fresno

M A G A Z I N E

9 BUSINESS WOMEN
CHANGING THE
FACE OF FRESNO

45 BEST
ELEMENTARY
SCHOOLS
A PEEK INSIDE FOUR
CAMPUSES AND
THEIR STUDENTS



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Local Entrepreneur's New Take on At-Home Fitness


Local entrepreneur Jas Singh is the founder and CEO of Slimtree, Inc., a Web TV channel offering free-access fitness and wellness programming since 2004. Slimtree launched the Broadband Gym which consists of online videos containing exercise programs.

Although this Fresnan does not have a formal background in the fitness industry, he certainly has a passion and a strong sense of what people need and want in their fitness programs. At one time Singh was hampered by his own knee injury and abnormally high triglyceride level, finding the inability to go to a gym -- this was especially limiting on his normally active lifestyle. Singh's innovation helped solve that problem.

With the online tools available at Slimtree.com people can bypass the gym if they choose and get free exercise programs from one of the 35 professional fitness trainers at any time of the day. Singh's solutions can benefit busy moms, broke college students and those who prefer privacy and anonymity with their workouts. "Just as Amazon.com did not stop people from shopping in the mall, Slimtree will not stop people from going to the gym," Singh said.

When you become a member of Slimtree, you are able to create your own fitness plan. You can personalize your page, log your weight and keep a journal of your goals and progress. Resources like the BMI calculator, fast-food calorie counter and fitness glossary can help you track your progress. With hundreds of videos including many "how-to" videos, you can get a legitimate workout without having to hire a professional or go to the gym.

Singh calls his Web TV video programming a "no-more-excuses" proposition. There are currently more than 20,000 members that have taken the no-excuse pledge.

"We have single-handedly broken down the barriers... this will change the fitness industry as we know it," Singh said. 

SHEENA MORRIS

Harrison Ford Makes a Pit Stop in Fresno!

Legendary movie man and Experimental Aircraft Association (EAA) Young Eagles Chairman Harrison Ford swung by Fresno to pick up a 1967 Hemi Barracuda that was to be auctioned off for the association. Fresno's own Marc Holmes of Custom Rod Gauges donated the car that sold for \$200,000, which is one of the highest amounts ever collected at the Barrett-Jackson Car Auction in Scottsdale, Arizona.

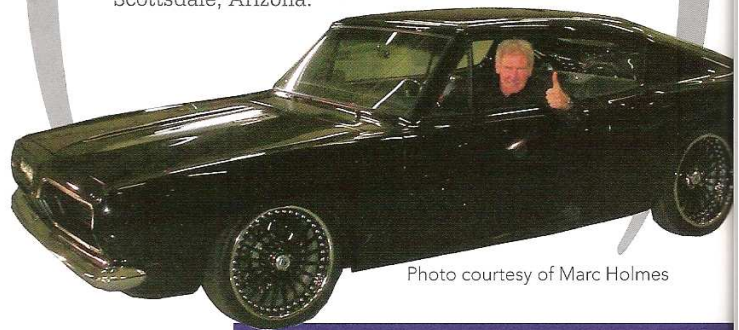


Photo courtesy of Marc Holmes

Fun Fresno Facts!

20

Beginning in 2011, the minimum percentage of all future City-sponsored affordable housing units that will meet an adopted Green building standard.

451

The number of vehicles the City of Fresno has in its "clean air fleet," a part of Operation Clean Air. This includes three Compressed Natural Gas (CNG) Street Sweepers and 50 CNG Transit Buses.

450,000

The Fresno Solid Waste Management Division collects, annually, this many tons of trash, recyclables and green waste.

Source: City of Fresno