



## NEWS RELEASE

### FOR IMMEDIATE RELEASE

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RELEASED FOR: T3 Fitness Energy  
FOR MORE INFO: Christi MacNee, CPT, President, T3 Fitness Energy  
951.789.0059 or [trainer@T3fitnessenergy.com](mailto:trainer@T3fitnessenergy.com)

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### **T3 FITNESS ENERGY: NOW A PROVIDER CREDENTIALLED BY AMERICAN SPECIALTY HEALTH NETWORKS (ASHN)**

RIVERSIDE, Calif. – T3 Fitness Energy is now a network provider credentialed by American Specialty Health Networks, Inc. (ASHN). ASHN supports more than 90 provider health plans and 2,000 employer groups nationwide. Blue Cross / Blue Shield, Health Net, Kaiser Permanente and ChooseHealthy are just a few of the more than 90 health insurance or employer groups included in the Network.

T3 Fitness Energy clients and prospects should check with their health care insurance provider to see if they are eligible for fitness programs and services that are offered by T3 Fitness Energy.

#### About T3 Fitness Energy

T3 Fitness Energy, located in Riverside, CA, provides small group and 1-on-1 personal training, fitness boot camps, Zumba fitness classes and the Real Living Nutrition® Balance Program®. Visit [T3fitnessenergy.com](http://T3fitnessenergy.com) for further information.

#### About American Specialty Health Incorporated

ASH provides specialty network management programs, fitness programs, lifestyle health coaching and healthy behavior incentives, Internet solutions, and worksite wellness and prevention programs to health plans, insurance carriers, employer groups, and trust funds nationwide. Visit [ashn.com](http://ashn.com) for further information.

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