

**NEWS RELEASE: FOR IMMEDIATE RELEASE****Media Contact:**

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**Free New Music Download for Teens Interested in Fitness**

IRVINE, Calif. (May 1, 2010) – Teens can choose from millions of new and classic music tracks, to download any song of their choice, for free! MoveIt4.org, a new health and fitness website for teens, is giving away a free song download with its new “Music Moves Me” promotion.

“Great music just naturally inspires us to be active” said Marty Matthews, MoveIt4’s director. “I have always used music to help me exercise and I am delighted that we can give away a free music download to help motivate teens in their fitness, and for helping us introduce MoveIt4’s free fitness and health content to others. I have three teenage sons and they are all taking advantage of this to get some new tunes they have been anxious to download for their iPods.”

To qualify for the promotion, teens simply connect with MoveIt4 through Facebook or Twitter.

Full details on the “Music Moves Me” promotion at: <http://moveit4.org/musicmovesme.html>

MoveIt4.org is a fresh, new website providing teenagers with valuable information, tips, tools and interaction to encourage them to become more active and take more responsibility for their own health and nutrition. [www.Moveit4.org](http://www.Moveit4.org) is powered by Interush Inc. of Irvine, California.

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