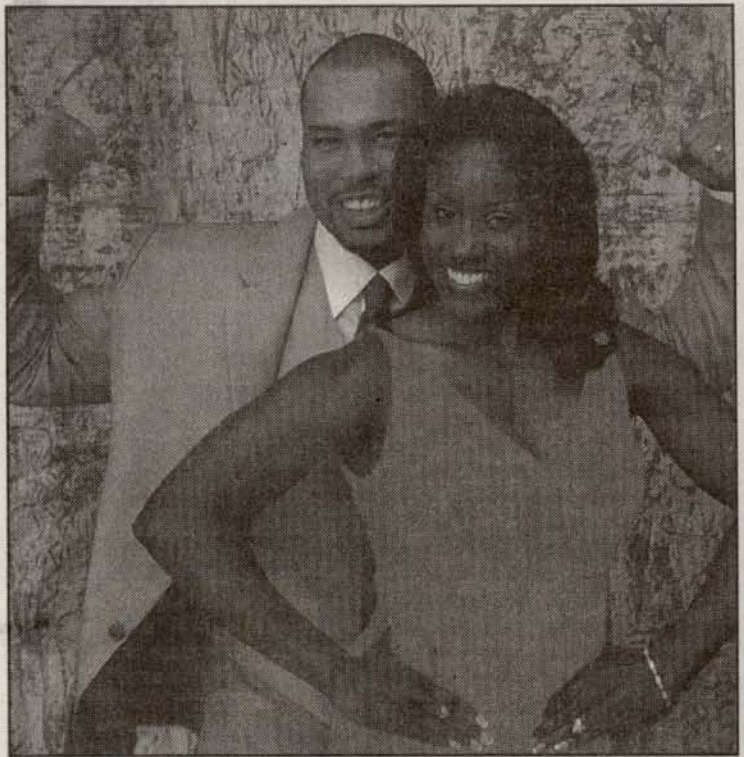


# MICHIGAN CHRONICLE

VOICE OF THE COMMUNITY SINCE 1936



Rich and Karla Walker

## Inner Excellence opens in Southfield

Inner Excellence, a fitness psychology and health center, announces its Grand Opening on Tuesday, Sept. 14. The public is invited to tour the facility at 17117 West Nine Mile, Suite 1211, in Southfield from 5-7 p.m. Visitors will learn about the distinctive services the firm has to offer, be able to take advantage of special pricing packages, and meet the company founders, African American husband-wife team Rich and Karla Walker, as well as other staff members.

Early bird specials will be available before the Grand Opening by calling Inner Excellence at (248) 763-5060 for an appointment prior to Sept. 14. Grand Opening specials will run from Sept. 14 through Sept. 21.

Fitness psychology is the science of how the mind, will and emotions work together to help an individual stay consistent in their fitness program.

Clients will be able to take advantage of a suite of services, including interactive assistance. The services of Inner Excellence are based on a holistic approach, working body and mind together to attain results. Services include: fitness psychology classes, group exercise sessions, online personal training, aqua massage, health and fitness personal chef, and a motivational CD.

The Walkers have combined their expertise to create Inner Excellence. Rich is a fitness professional, nationally certified by the American Council on Exercise, who has worked with a variety of clients. Karla, a U-M graduate, holds a master's degree in social work (MSW) and has treated a variety of mental health issues for adults and youth, including eating disorders.

For more information, call (248) 763-5060.