

# FOR IMMEDIATE RELEASE

Contact: Stephanie Jason

Cell: +1 (904) 226-7413

Email: [jasonsmj@aol.com](mailto:jasonsmj@aol.com)

Website: [www.yourebeautifulfitness.com](http://www.yourebeautifulfitness.com)

## JACKSONVILLE TEEN LAUNCHES HEALTH AND FITNESS WEBSITE DEDICATED TO HELPING LOCAL TEENS

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Seventeen year old resident of Jacksonville, Florida, has launched a website dedicated to providing information to fellow teenagers about nutrition, vegetarianism, and fitness. “Yourebeautifulfitness.com” seeks to promote a positive lifestyle for teens in a “by a teen, for a teen” approach. The founder and creator of “Yourebeautifulfitness.com”, Brittany Jason, came up with the idea as a part of sharing her journey with other teens and empowering them with her message, “You’re beautiful; we all are”.

“I’ve gone through a crazy journey in my life which has altered who I am and my outlook on life. I battled weight, bullying and the harsh insecure thoughts that seemed to have cemented themselves in me, and I realized that I was simply not healthy. Though it was hard, having tremendous ups and downs along the way, my journey has led me to be the happy, healthy girl I am today. I went from being unhappy with my body, avoiding the idea of fitness, grabbing cookies and chips whenever I was bored... to making all of my meals with fresh food, working out everyday, most importantly loving myself, and pushing everyday to inspire myself and anyone who struggles as well,” states Brittany.

As Brittany explains, “My website is dedicated to the truth that “You're Beautiful”- we all are. I hope I can empower other teens to view themselves in a positive way and through nutrition, understanding the health benefits of vegetarianism, and fitness be a happier and healthier young adult.”

Please visit [www.yourebeautifulfitness.com](http://www.yourebeautifulfitness.com) to learn more about Brittany’s campaign to help other teens on their positive health and fitness journey.

**For more information, or to schedule an interview with Brittany Jason:**

Contact +1 (904) 226-7413 or by email [jasonsmj@aol.com](mailto:jasonsmj@aol.com)

and [Brittany@yourebeautifulfitness.com](mailto:Brittany@yourebeautifulfitness.com)