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FITNESS FOR BEFORE, DURING AND AFTER BABY **“TRACEY MALLETT’ S 3 IN 1 PATENTED PREGNANCY SYSTEM”** **DVD FROM RAZOR DIGITAL ENTERTAINMENT**

(Los Angeles, CA June 1, 2006) – With two small children of her own, fitness veteran **Tracey Mallett** knows what it takes to be as fit as she can be before, during and after childbirth. Mallett’s doctor-approved and patented “**3 in 1 PREGANCY SYSTEM** puts all that knowledge together in one easy-to-follow DVD being released by Razor Digital Entertainment (www.razorfitness.com) on June 27, 2006 for \$19.99 (SRP). Blending three main disciplines: yoga, Pilates, and body sculpting, “**TRACEY MALLETT’S 3 IN 1 PREGNANCY SYSTEM”** is sure to please any mama or mama-to-be. The bonus partner stretching segment eases muscle aches and tension and lets dad-to-be share in some special moments that will benefit them all.

"We're very excited to work with an established fitness artist as Tracey Mallett," commented Mitch Perliss, Executive Vice President of Razor Digital Entertainment. "She's hard working and has already given us the benefit of her past success in marketing this title. This the first of five titles that we're going to be releasing with Tracey this year, and I'm confident that each one will grow on the success that Tracey had with past releases."

Visibly pregnant when the video was filmed, Mallett demonstrates the program as it should be done for women in their second and third trimesters. Fitness expert and *Shape* magazine contributing editor - Lisa Wheeler joins her for the warm up, core conditioning and lower body segments and does a modified version for women in their first trimester and the post-partum moms. Mallett’s husband, a physical therapist himself, joins his wife on camera for the partnered flexibility segment. Light weights may be used during the upper body toning segment.

This sixty-minute workout follows A.C.O.G. guidelines and is highly recommended by Merrill Sue Lewen, M.D. F.A.C.O.G, among other physicians and therapists.

Tracey Mallett is a familiar face recognized by millions of viewers as the popular host of *The Method Show* on Fit TV. She also starred in several of *The Method's* best selling home exercise videos. A sought after fitness expert with over 15 years in the fitness industry, Mallett has contributed to *Fitness, Fit Pregnancy, Ocean, Cooking Light, BABY, LA Parenting* and is the fitness expert in the *The Hot Mom's Hand Book* and on *The Hot Moms Club* web site.

Mallett is a Master Pilates Instructor for Rael Isacowitz (Body Arts and Science) and was certified through his program and the Pilates Physical Mind Institute in Santa Fe. She is a member of the Pilates Method Alliance. In addition, Mallett is a certified personal trainer, fitness instructor and lifestyle and weight management counselor through the Aerobics and Fitness Association of American (AFAA) and the American Council on Exercise (ACE). She is also a Level One certified Gyrotonic® Instructor. Mallett is co-owner of ATP Specific Training and Physical Therapy, a full wellness facility in South Pasadena, California.

Privately owned, Razor Digital Entertainment is a distributor of licensed, specialty and value priced entertainment. A complete product lineup can be viewed at www.razordigitalent.com. To order DVDs, please visit: www.razorfitness.com

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Note: Tracy Mallett is available for interviews and appearances. Please call (831) 656-0553 or (212) 683-3416 to schedule. Additional screening copies and artwork upon request.