

FOR IMMEDIATE RELEASE

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Patron Saint of Perpetual Fat Loss Opens New Ministry in Derry / L'Derry

It's not every day that an empty and out-of-shape, 160 year old church, is resurrected and given a new lease of life by a personal trainer.

Dee McCahill - leading obesity expert, personal trainer, lifestyle and wellness coach - has taken on her biggest "Operation Transformation" challenge to date and is expanding her **Million Dollar Fitness** business into a restored church on Bonds Hill, in the Waterside.

The state-of-the-art facility will be launched at a Hollywood-themed open night in Tower Hall on **October 24th**, which is also supporting the **NI Children's Hospice**. Children from the hospice will cut the ribbon.

Dee cares passionately about changing her clients' lives around permanently through fitness and nutrition. In 2010, inspired by her own personal struggles centred around losing her hearing, Million Dollar Fitness was born.

Million Dollar Fitness isn't about fitting in. It illuminates where you've started and challenges you to define where you want to go.

Giving back to the local community and charities through fundraising is a core value that the MDF family upholds, raising thousands of pounds through various events and collections throughout the year. Most recently Team Million Dollar rocked Tough Mudder in Dublin.

Quote from Dee:

"My mission is to have a positive impact on the life of every single person who joins the Million Dollar Family, by creating a memorable and awesome fitness experience. I walk the talk, being an example - to my clients - of living a healthier lifestyle by making fitness and nutrition choices that give me energy and fuel my zest for life!"

References:

- Read about Dee's personal story and how she lost her hearing through Meniere's Disease [here](#).
- See some client success stories here and reviews/comments on Facebook [here](#).
- Read about Million Dollar Fitness [here](#).
- Read more about the former [Covenanters/Reformed Presbyterian Church](#) (Tower Hall) [here](#).

Notes to the Editor:

- Dee McCahill is available for an interview.
- Finalist for **Belfast Telegraph Inspirational Woman Of the Year 2014**
- Finalist in four categories of the [What's on 4 Me Awards](#), a national event to be held at Earl's Court in November organised by Ideal Home:
 - *Best Skill or Academic Learning Provider*
 - *Best Slimming, Wellbeing or Lifestyle Service*
 - *Best Sports, Health or Fitness Group (NI & Scotland)*
 - *Most Inspirational Coach, Instructor or Tutor*

