



FOR IMMEDIATE RELEASE

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HEALTH ADVOCATE WANETTA BEAL BIKES ACROSS CANADA, SLEEPS ON T3 MATTRESS TO RECOVER DURING JOURNEY

PARKSVILLE, BC; June 1 2011 - Raw foods advocate & fitness trainer Wanetta Beal is biking an epic 8,000 kilometers across Canada. The trek began May 17th, and is expected to take 3 months. Upon completion of this journey, Beal will attempt to be the first woman in the world to complete two back to back Ironman® distance triathlons. The first, unofficial, Iron-Distance Triathlon is on August 28th in Penticton. She will then compete in the official Subaru Ironman® Canada on August 29th. Both triathlons will be completed within 48 hours.

Every night, Beal recovers on the T3 Recovery Mattress®, the Official Mattress of Ironman®. The T3 Recovery Mattress® features unique sleep technology that helps the sleeper truly recover during the night. Featuring Celliant® fibers, the T3 Recovery Mattress® helps the body raise oxygen levels - resulting in faster muscle recovery, pain relief, better temperature balance, and less grogginess during the day. The T3 Recover Mattress® also features advanced Cellitex™ foam and a 5 zone design, to help the sleeper get the most out of each night's rest.

M&N Mattress Shop in Parksville donated the T3 Recovery Mattress® to Beal. Store Owner Mark Nagra said "Sleep is a key part of the holistic body, mind, and spirit message Wanetta is demonstrating, so we wanted to help her succeed in this remarkable accomplishment by giving her a best-in-class mattress". In response, Wanetta marveled "...it's incredible; I'm so lucky". The T3 Recovery Mattresses featured at M&N are produced locally in BC, by Restwell Sleep Products.

ABOUT WANETTA BEAL

Wanetta Beal has not always been willing to take on such awesome physical feats. Years ago, Wanetta was a 224 lb, and a size 20. She suffered from IBS and Bipolar Disorder. She had been on different medications including Lithium for nine years, and was admitted to the psychiatric ward on three different occasions for suicide attempts and depression. In 2001, she took the Pursuit of Excellence and received the tools to change her mental, emotional, and spiritual health. She altered her diet to 80% raw, focusing on alkaline foods. She was soon able to quite taking all her medications, including Lithium, which was supposed to be a medication she was on for life.

ABOUT IRONMAN

World Triathlon Corporation (WTC) is a Tampa-based company recognized for athletic excellence, distinguished events and quality products. WTC's growing portfolio includes the Ironman, Ironman 70.3, 5150, Iron Girl and IronKids brands, which have a combined total of more than 180 events worldwide each year. Supported by partners including Ford, Timex, Foster Grant and PowerBar, Ironman is the No.1 user-based sports brand in the world and has been a respected name in triathlon since its inception in 1978.

ABOUT T3 RECOVERY PRODUCTS

Seattle, WA based T3 Recovery Products is a worldwide company committed to designing quality products, such as mattresses, pillows, toppers and blankets that provide better sleep and faster recovery from life's human race. Through hard work and cutting-edge technology, T3 earned the worldwide rights to design and sublicense The Official Sleep Products of Ironman®. T3, T3 Recovery Products, Complete the Cycle, T3 Recovery Mattress, The Mattress for the Human Race, Recovery for the Human Race and Bedding for the Human Race are trademarks of T3 Recovery Products LLC. The Ironman logo is a trademark of the World Triathlon Corporation.

ABOUT M&N

M&N has been servicing the bedroom / sleep needs of the communities of Parksville and Qualicum since Dec 2000. M&N carries all 100% made in BC products which includes T3 Recovery Products that are manufactured in Surrey British Columbia.

To learn more about T3 Recovery Products, please visit <http://www.t3recovery.com>.

For more information on Ironman, please visit <http://www.ironman.com>.

For more information on Wanetta Beal, please visit <http://ridingraw.webs.com>