



Integrated Health 21, LLC Acquires Fitness Essentials, LLC

Acquisition enhances full range of health-improvement services for corporations and individuals

PITTSBURGH, Pa., Aug. 31, 2022 – Integrated Health 21, LLC (IH21) announced today the acquisition of Fitness Essentials, LLC, a Pittsburgh, Pa.-based company specializing in personal training as well as preventative and post-rehabilitative individualized exercise programs. The acquisition complements IH21’s broad spectrum of wellness programming and clinical services that can be delivered on-site or online. Financial terms of the transaction were not disclosed.

"I see this acquisition as a logical next step in the evolution of my company," said Beth Fedorowich, Principal of Fitness Essentials, which she founded in 1986. "We share a client-first philosophy and a comprehensive approach to helping clients achieve optimal health," she said.

Through Fitness Essentials, Fedorowich and her team of instructors have been offering high-quality personal training services at various health and fitness centers and private residences throughout the city. Fitness Essentials will continue as an operating division of IH21 and Fedorowich will serve as the company’s Manager.

The effective, individualized personal training emphasized at Fitness Essentials is consistent with IH21’s commitment to offering the best outcomes for its clients.

"The acquisition of Fitness Essentials brings to IH21 an outstanding company owned and operated by Beth Fedorowich -- an expert with more than 30 years of experience in preventative and rehabilitative fitness. By adding personal training, we now can offer a full range of wellness services that also includes health screening, education, coaching and telemedicine," said Liz Sullivan, CEO of IH21.

IH21 was advised on the transaction by Robert E. McKee of Meyer, Unkovic & Scott LLP. Fitness Essentials was represented by Maggi K. Sitko of Sitko Bruno, LLC.

About Integrated Health 21, LLC

Integrated Health 21, LLC is a solutions-based wellness and clinical services company with a reputation for quality care and superior customer service. IH21 has its corporate office and clinic in Pittsburgh, Pa., and an additional office in Buffalo, N.Y., where it executes contracts for Highmark and Excellus insurance companies along with individual corporations and institutions. For additional information, please visit our website at www.integratedhealth21.com.

Integrated Health 21 is a portfolio company of Tomayko Group Holdings, Inc. (TGH). TGH is an investment and consulting company specializing in health care with a concentration in preventative health and wellness services. For more information, please visit www.tomaykogroup.com.

About Fitness Essentials, LLC

Fitness Essentials, LLC provides personal training, partner training and small group training services at the [Engine House 16 Collaborative](#), and at various private and public health and fitness centers and private residences in Pittsburgh's East End. The company specializes in personal training as well as preventative and post-rehabilitative individualized exercise programs. For more information, please visit www.fitnessessentialspt.com.

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