



## FOR IMMEDIATE RELEASE

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### **Susan T. Liebenow, President, L&T Health and Fitness Receives 2010 SmartCEO/Comcast Spotlight/Comcast Business Class BRAVA! Women Business Achievement Award**

***Susan Liebenow, President of L&T Health and Fitness received her award as one of Greater Washington's top female leaders at July 2010 ceremony.***

Falls Church, VA –L&T Health and Fitness (L&T) is proud to announce that it's President, **Susan Liebenow**, has received the *Washington SmartCEO* 2010 BRAVA! Women Business Achievement Award, which recognizes 25 female CEOs who are making unprecedented strides in business, by building a stronger community both financially, philanthropically and most importantly, through leadership.

This year also marked a significant milestone in the history of the program. The 2010 awardees joined past BRAVA! recipients to form the BRAVA! 100. This is an elite group of the first 100 female entrepreneurs recognized in the program. SmartCEO was proud to acknowledge their success at their July awards ceremony, celebrating ***What 100 Women Can Do***.

The BRAVA! winners were profiled in the July issue of *SmartCEO*, which is read by more than 30,000 business owners in the Baltimore-Washington Metropolitan area. Each winner was also featured in the digital edition of the magazine. The winners were selected by an independent panel of business leaders.

This year's winners lead 15,956 individuals, generate \$910 million in revenue, and support more than 120 nonprofit organizations and charities across the Greater Washington region.

"BRAVA! Women Business Achievement award recipients are not only selected and honored for their success in growing a company, but also for demonstrating leadership throughout the Greater Washington community. This unique combination of attributes is fit to be admired by any CEO. We are honored to recognize **Susan Liebenow** as one of

Greater Washington's most influential leaders," said Jaime Park, publisher of Washington SmartCEO.

**SmartCEO** magazine is a regional publication specifically designed to deliver innovative ideas, guiding advice and forward-thinking insight about the daily challenges of running a "growing company." *SmartCEO* believes that a growing company is determined by the spirit, drive and dynamics of a company's owners and managers, rather than by the size of its building, the number of its employees, or its sales volume. Each month more than 30,000 business leaders in the Baltimore and Washington metropolitan markets turn to the pages of *SmartCEO* for features, case-study advice and trend analysis, all with a uniquely local flavor.

**L&T Health and Fitness** is an award-winning company of professionals providing fitness center management, health promotion services, health/fitness instructor training, fitness/wellness program design and delivery, and facility design and consulting to individuals and organizations around the country.

Please visit [www.LTwell.com](http://www.LTwell.com) for more information about **L&T Health and Fitness**.



**Pictured: *SmartCEO* Publisher, Jamie Park and L&T Health and Fitness President, Susan Liebenow**

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