

# I CANADIAN CARDIO CHALLENGE IS A HIT

Just in time for the summer, Brendan has come up with a great new way to challenge yourself, your family, your friends, coworkers or even your pets to achieve your fitness and health goals!

Profiled in the summer issue of *Health & Lifestyle* magazine, the Canadian Cardio Challenge is a cardio program that incorporates walking, running, cycling, swimming, skipping,

rowing, and any other form of cardio imaginable into a race-to-the-finish-style friendly competition. The goal is to be the first in your group of competitors to make it to the east coast! To learn more or get involved in the program, go to the homepage and click on the "Canadian Cardio Challenge" link in the bottom left corner of the page. Happy trails!



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