

I ABS OF STEEL IN SUN, SAND AND SURF

Excerpt from Oshawa This Week, September 14, 2005

OSHAWA – Personal fitness trainer Brendan Fox guides Jen Miller through some crunches on the beach at Lakeview Park in Oshawa recently. Both agree the outdoor regimen is more peaceful and inspiring than a more traditional indoor workout – with the added bonus of not waiting in line for equipment.

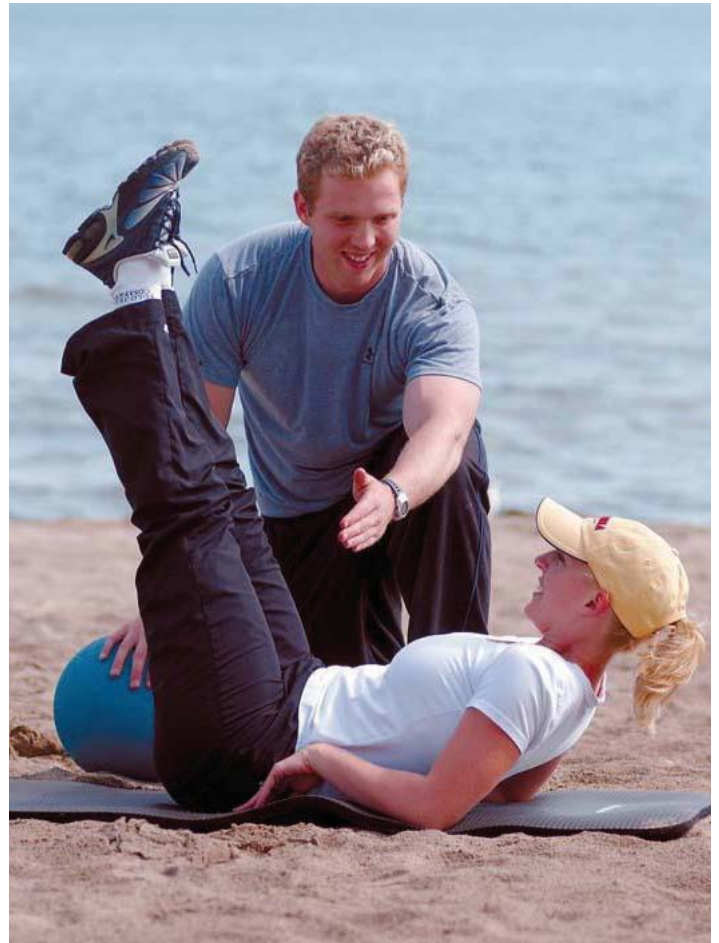


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