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**March 5, 2008**

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## **Community Crunches Abs for Children's Charity**

**ROCKWALL, Texas** -- A women's only gym is opening its doors to men and to non-members to raise money for a children's charity.

The Abdominal challenge is cooperation between Lady of America Fitness Centers and Saint Jude's Children's Research Hospital. March 29 is National Crunch Day at the fitness centers.

The people taking part in the abdominal crunch challenge are training for the next few weeks to try and do as many crunches as they can in one hour. All the money raised will go to Saint Jude's Children's Research Hospital.

Katie Hawkins said she works her abs everyday, but her goal is greater than a solid stomach. "I just push myself until fatigue," she said. "It's about helping a good cause."

Andrea Nilsson, of Lady of America Fitness Center, said the challenge means a lot to her because as a mother she can sympathize with the cause.

"We go along in life, and kids are healthy, and kids are great, then all of a sudden this news is dropped on you that your child has cancer," Nilsson said.