

THURSDAY
March 27, 2008

CANTON Observer

75 cents

WINNERS OF STATE AND NATIONAL AWARDS OF EXCELLENCE

www.hometownlife.com



Ab Crunch Challenge to raise funds for children's hospital

If you ask Deb Comstock how many crunches she ranked out last year for St. Jude Children's Research Hospital, she rolls out the number as easily as if you asked her first name: 3,365.

"I would love to beat it this year, but I'm not sure if I will," Comstock said as she trained for this year's Ab Crunch

Challenge at Ladies Workout Express, 6541 Canton Center Road. More than 4,000 people across the nation will participate in the hour-long March 29 challenge that's being done at 200 clubs under the Lady of America brand. Proceeds from the event will benefit the children's hospital.

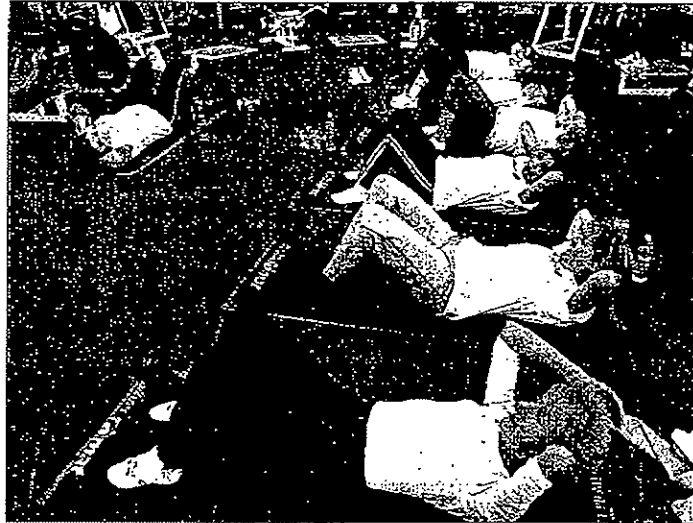
Eleven women are partici-

pating at the Canton club.

"They have the opportunity to help St. Jude while finding a great way to get in shape," said Dan Schwartz of Ladies Workout Express. "It's a double bonus."

For more information or to donate, call (734) 254-0030.

- Tiffany L. Parks



Laurie Martineau, at left, leads Deb Comstock, Carol Miner, Gurinder Singh, Kelsey Maley, Belle Kennedy, and Jessica Odegard in one hour of ab crunches.

BILL BRESLER | STAFF PHOTOGRAPHER