

# A Little Pain Will Be Gain For St. Jude's Hospital

Ladies Workout Express club members from all over the country will be crunching for a cause. The one-hour Ab Crunch Challenge, which benefits St. Jude's Children's Research Hospital, takes place at Ladies Workout Express tomorrow at 11 AM.

The Falmouth franchise of Ladies Workout Express, owned by Natalie and Russell Perry, is located in the Falmouth Mall Marketplace.

For at least one member of the club, Cheryl A. Atherton, training for the ab challenge, which has taken place over the last 10 weeks, has been a rewarding experience in and of itself and her goals for the challenge are high.

Ms. Perry said that each participant is asked to raise a minimum of \$500, but Ms. Atherton's goal is \$2,000. Ms. Atherton is also up to over 2,500 crunches in 45 minutes.

Ms. Atherton, who works as a detective and school liaison officer in the Falmouth Police Department, said she was interested in getting involved in the ab crunch challenge partly because she has always been a big supporter of St. Jude's Hospital and donates to them regularly.

"They had a signup sheet and I put my name down thinking I guess I could do a couple hun-

dred—200 to 300 with a lot of rest periods in between—ab crunches, but thought I should probably do some training so I didn't embarrass myself," Ms. Atherton said.

"At my first training, I did 400 in 10 minutes. I couldn't believe it. I have been an ab crunching maniac ever since," she said.

Ms. Atherton said she did not have any major fitness goals at first, but the training has done a world of good for her abdominal muscles.

"I hated ab training before, but now that I have really gotten into it, I think I will continue," she said.

Ms. Atherton said it has also been fun to meet the other women doing the challenge. "I am having fun, getting firmed up and doing something good for a great hospital," she said.

She added, "This is an opportunity to give to an organization that does wonderful work for kids. We are all training hard to make a lot of money for St. Jude's." She encouraged those who want to donate to contact Ladies Workout Express to sponsor one of the participants.

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