

Brooklyn schoolmates trade junk food for exercise in time for prom

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Mendez for News

Erika Hardaway, 18; gym's Xamayla Rose; Melissa Ming, 17, and Andrea Carrington, 17 (l.-r.), flex some muscle at Ladies Workout Express in East Flatbush, Brooklyn.

The dream of looking a little slimmer in their prom dresses got three [Brooklyn](#) teens to start exercising and stop binging on junk food.

But there's an even better reason for [Erika Hardaway](#), [Melissa Ming](#) and [Andrea Carrington](#) to drop the pounds - serious health problems run in their families.

So with the help of a new low-cost fitness center - launched in memory of a murdered 15-year-old - the best friends are getting healthy.