

Sit up and help St. Jude hospital

Workout express in wood-land is local host Saturday's Nationwide Ab Crunch Challenge that will have women doing sit-ups for an hour straight. The event begins at 11 a.m. at 1059 Court St, Suite 103. It is a fundraiser for St. Jude Children's Research Hospital. For the past 10 weeks, more than 40 local residents have trained to build up the strength and endurance to perform hundreds of crunches, improving their core fitness. On Saturday, participants hope to make history by creating a new Guinness World Record for the most abdominal crunches done in one hour by a group. Workout Express is inviting nonmembers as well to participate. For information, contact Jerry Miller at (530) 668-9944.