

Do It in Pink

By: Pamela Greene

Everyone knows that one of the best ways to get people to participate in exercise is to attach a worthy cause to it. That's what 'Do It in Pink' is; a worthy workout cause for breast cancer awareness. So much can happen to a person who participates in a worthy cause. What was designed to shine a light on an illness might become more personal for some. Some of you may just get the true value of healthy living and our Do It in Pink Aerobathon will be your first of many classes and visits to the gym. With that said, I would like to invite each reader to join me on September 18, 2010 beginning at 10:00am for a three hour (yes three hour) workout. If you have not exercised in a while this is still really a great time to come on out. We will feature workouts in Zumba, Step, Kickboxing, Abdominal work and more. You can do all three hours or just do what you can do. There will be plenty of water and fresh fruit to replenish your body so that you can keep going and going.

During our aerobathon as we show support for this worthy cause; each participant has to Do It in Pink. Meaning, you have to wear pink. This rule applies to males and females. Does your entire outfit have to be pink? Not necessarily, but if you choose to embrace to that degree great. As I have stated many times variety is a key component so not only will we feature a variety of workouts, but we will also have a variety of instructors and guest instructors on hand. You are in for a real treat with new moves, familiar moves and moves you will fall in love with. As we all come together on September 18th and 'Do It in Pink', we will send a powerful visual message to all that stop by. I know early detection is the best protection against breast cancer; this applies to exercise too. The sooner you get started, the better you will feel. Exercise protects us from (or slows down) many illnesses that can come along with aging and unhealthy eating habits. 'Do It in Pink' is a great opportunity to begin protecting yourself more with regular exercise and healthy eating.

The 'Do It in Pink' Aerobathon will be held at the Solomon Center in the Special Events Area. If you don't have that great looking pink gear yet never fear you have plenty of time to find just the right look. There is a great time to be had and I want each of you to be a part of it. So please join me for this worthy cause and remember to Do It in Pink.