

A Word From Andrea...

It's time to take the vertical challenge and "Commit to Be Fit" in 2010!

Climb for a Cure raises money for a great cause and provides a unique fitness opportunity. Both are compelling reasons to consider joining me at the Rhodes State Office Tower on February 27th.

This fun-filled event is for all ages and fitness levels. Those with a competitive streak might want to challenge another climber or team to the 40th floor. But if speed isn't your thing, that's okay, too. You can take your time – and the elevator down – if your stamina runs out. Whether you go fast or slow, halfway up, or to the top - you can feel good knowing that stair-climbing improves cardiovascular health and promotes muscular endurance.

You can also feel good knowing that every step you take is helping the Cystic Fibrosis Foundation find a cure and better treatments for a disease that damages the lungs and digestive systems of young people like Emily Kerr.

Please register today for Climb for a Cure. You'll be taking the first step toward better fitness and a better future for people with cystic fibrosis.

See you in February!

