

On a roll towards fitness (Vancouver Province)

Contributed by Webmaster
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More info...

Cycling is not only great because of its fitness benefits but also because of how the body is treated during the exercise. Cycling is a low-impact cardiovascular exercise that also builds muscle.

Healthy Exercise With Tai Chi

Ex-boxer takes on challenge of being a fitness trainer (Pensacola News Journal)
A weekly look at the local fitness community.

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