

Video report - Roosevelt kick-starts spring break with fitness challenge (Kingsport Times-News)

Contributed by Webmaster
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More info...

Kingsport City Schools may be on spring break next week, but that's no excuse not to keep moving. Roosevelt Elementary School kick-started their spring break Thursday by officially jumping into the Presidents Challenge for physical fitness.

Healthy Exercise With Tai Chi

Fitness Fever caps off another year (Crookston Daily Times)

The final installment of Fitness Fever was held Sunday afternoon with outdoor activities on the Mount St. Benedict grounds. About 50 people tried their hand at cross-country skiing along the trails and/or enjoyed a few sled rides down the hills. Afterwards, they warmed up in the Cathedral School gym with hot chocolate and granola bars, and won door prizes.

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