

Disaboom Expands Fitness Section Focusing on Exercise for People with Disabilities (PRWeb)

Contributed by Webmaster
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More info...

Comprehensive Fitness Section Covers Methods, Precautions and Benefits of Routine Exercise (PRWeb Mar 13, 2008)
Read the full story at <http://www.prweb.com/releases/2008/03/prweb768324.htm>

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 a 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.

Healthy Exercise With Tai Chi

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