



October 2009

GO - Family Health Month

Fitness 101: 4 Great Pregnancy Exercises

When my mom was pregnant, no one ever talked about her exercising. In fact, there weren't many people, other than elite athletes, who participated in exercise, pregnant or not.

Boy, have things changed over the last 45 years! There's been so much research proving that exercise *is* beneficial before, during, and after pregnancy.

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Happening: Running as a Family + Area Charity Events

The daily run serves, for many enthusiasts, as quality 'me' time, a much-anticipated spell to be alone with (or without) one's thoughts. But running can also be a great family activity. Try these tips to keep it fun and safe:

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