
January 18, 2008

Crunch time

South Florida-based fitness chain Lady of America is inviting members and non-members to take the Ab Crunch Challenge, which will be held at more than 200 Lady of America clubs across the country. Their goal is to raise \$1 million for St. Jude Children's Research Hospital and also to increase the fitness level of participants. Crunch Day will consist of an hour long crunch-a-thon where participants will do as many crunches as they can for St. Jude hospital. They're also trying to beat a Guinness World Record for the greatest number of people doing sit-ups at the same time.

The event take place March 29, but this month, participants will start a 10-week training program of crunch classes. The classes are open to all women who want to take part and registration is free. To find a location near you, click [here](#).