

Family Fitness

My family has been working on fitness by using the Wii game “Biggest Loser” every week day before we sit down for dinner.

This has brought us together in our individual goals to become more physically fit, energetic and motivated. Since beginning our fitness program we have gained energy and confidence and have gone on to volunteer for community services, prepare healthier meals and as our reward we have begun a remodel project in our basement to include a home gym.

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