

March of Dimes WalkAmerica needs a great Fitness Stylz effort!

Dozens of Fitness Stylz members will hit the sidewalks of Jay and Livermore Falls next month to help raise money for the March of Dimes' ongoing mission to find a cure for premature birth and birth defects. They will walk approximately four miles, sharing in each other's company and sense of purpose. We sincerely hope *you* will be a part of our team this year!

Last year, many of us were privileged to meet Richard Thorndike, a 76-year-old Skowhegan resident who walked 200 miles across Central Maine to help recruit new walkers for the

March of Dimes, and to rally those already committed to the project. Thorndike was already 50 miles into his trek when he stopped for a reception in his honor here at Fitness Stylz Community Fitness Center. When we asked him how a 75-year-old man found the inspiration to put 200 miles on his sneakers, he responded, "The key is to believe in the mission. Healthy babies. That's what it's all about."

Last year, the MOD had a very special local ambassador. Connor Roy, the son of Jay residents Russ and



Richard Thorndike and Tom Roy



TEAM FITNESS STYLZ had over 100 members participate in the 2006 WalkAmerica effort, raising over \$8200.

Becky Roy, and nephew of Fitness Stylz owner Tom Roy, was born two full months premature. Connor, who spent his first month predominantly in hospital incubators, was the honorary team captain for the 2006 Fitness Stylz MOD walking team. Today, Connor is a happy, healthy baby, and his parents are deeply grateful to the March of Dimes.

Early this month, Wednesday, April 4th, Thorndike stopped by again to meet with Tom and offer words of encouragement for Team Fitness Stylz, which

raised over \$8,200 in 2006.

"Our goal this year is \$10,000," Tom said. "I know that's a lot of money, but I have full faith in our team! We always have a great time walking together. And remember, no amount of money raised is ever too small. It all adds up and it all goes to a fantastic cause!"

If you would like to be a member of 2007 Team Fitness Stylz, you can register at the front desk. All team members will receive a free 2007 Team Fitness Stylz T-shirt.

SONS AND DAUGHTERS of members walked to raise money, too!