

# Crunch Time For Lady of America Fitness Center

posted 5:04 pm Sun March 23, 2008 - Little Rock

from Channel 7 - <http://www.katv.com/news/stories/0308/505863.html>

One week from Saturday, Little Rock will be a part of a unique challenge for a very special cause and participants can get a 6-pack while giving back and we're not talking about a favorite beverage.

It's crunch time at the Lady of America Fitness Center on Rodney Parham. And these ladies are getting pumped up for a very special challenge benefiting St. Jude Children's Research Hospital in Memphis.

**(Jami Hutton, Lady of America Fitness Instructor) "All the Lady of America's, on March 29th, across the country are going to do a crunch-a-thon. So we're going to crunch for an hour and you get paid per crunch. The more you do, the more money you can raise for the children. Get a 6 pack while giving back."**

They're so serious about their mission, they've been going through endurance and strength training since January, preparing to meet the special goal.

**(Lara McElderry, Little Rock) "I can't do an hours worth of abs, I'm not going to pretend that I can, but it's a good enough cause that I'll try and I plan on hitting at least 30 minutes."**

And for Lara McElderry it's also a personal commitment.

**(McElderry) "My son had a brain tumor about a year ago this time, I get emotional when I talk about it, but he's great. He's doing wonderful. But, I know there are a lot children who aren't as fortunate but need help."**

The McElderry's have gone from tragedy to triumph, and while Ivan was treated at Arkansas Children's Hospital, his mom knows what it's like for families and is willing to endure the slight discomfort to make a difference.

**(Lara) "It's nothing compared to what the parents go through when they have a child with needs. It hurts a little but if you're even semi-healthy, it's worth it. It's good for yourself and for the kids."**

**(Jami) "It's open to members and non members alike, it's open to men and women, so anybody can come in and crunch as much as they can and raise as much money as they can. Every little bit helps."**

Hutton says St.Jude never turns away sick children regardless of the family's ability to pay. Ab crunch participants also hope to make the Guinness World History for the most crunches done by a group in one hour.

They're still looking for sponsors and participants and you can get more information by access through ours at KATV.COM.

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