

2008 Lubbock Texas, Children's Fitness Challenge

Children's Fitness Challenge

2008 Lubbock, Texas

West Texas is best known for their rodeos as well as Texas Tech football, but on this warm Saturday in July, the Children's Fitness Challenge came to town. With the support of Bodyworks Fitness Center (special thank you to Mr. Pat Rose), Physical Therapy Today, The Brace Place, Mitek, Lubbock H.S, Met-Rx and Underamour, over eighty children came out to challenge the obstacle course. "My goal was to expose the Lubbock area to the Tri-Fitness," stated Tri-Fitness doctor Mimi Zumwalt. Dr. Zumwalt serves on the faculty of Texas Tech Medical School and is the orthopaedic doctor for the local professional and hockey teams. "As a parent of two children, I know how important it is for children to engage in physical activity as well as challenging themselves," says Dr. Z.

We will be back and look to make the event even bigger.
Why not, everything in Texas is BIG!

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