



I am doing it to get fitter, have not used a rowing machine for more than 10 minutes before! - I am ex-Army myself but left more years ago than I care to remember, the way our guys don't give up in the face of terrible injuries is more than enough motivation for me to do this challenge.

Sara Sayers 1.7.10

<http://www.bmycharity.com/v2/gymforheroes>  
[enquiries@gymforheroes.co.uk](mailto:enquiries@gymforheroes.co.uk)  
<http://www.gymforheroes.co.uk>  
<http://www.twitter.com/gymforheroes>  
<http://www.justgiving.com/Gym-for-Heroes-2010>

