



My gym buddy Tony and I are training hard for Gym for Heroes. Last week I rowed over 50,000 metres with plenty of running and cycling thrown in for good measure. We have both lost weight recently. I have lost almost nine stone in the last three years and Tony has lost two and a half stone since last year. So this challenge has given us both something new to train for whilst helping a very worthy cause.

Best wishes
kaz & Tony x

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

