

Facts On Fitness

Take The 26/81 Challenge

Advice on Exercise Goals & Techniques

(NAPSA)—If you have a daily exercise regimen in place, you're already off to a great start. If not, consider taking the 26/81 Challenge. Get active for 26 minutes a day for 81 days.

That's what Mike Ehredt is encouraging us all to do. The 26/81 Challenge had small beginnings—the concept started at Mike's local fitness club in Hope, Idaho. But the buzz is catching on. Whether it's walking your dog around the neighborhood, taking a class at the gym or hiking the trails, take the challenge and start living an active life.

An Inspiring Example

Mike Ehredt, age 51, is taking the 26/81 Challenge to the extreme by continuing his journey of running more than a marathon a day—around 26 miles each day—for 81 days. He runs to honor fallen U.S. Military service members of the Afghanistan War for his Project America Run II.

Ehredt's running odyssey began at the Canadian border just north of International Falls, Minnesota on August 23rd, and continues all the way to Texas, at the Gulf of Mexico. He will plant a flag bearing the name, age, rank and hometown of each fallen U.S. Military member at every mile of his journey.

"There is no statement to be made," says Ehredt. "No political message, just a personal tribute and a gift of thanks to those who have served our country."

How He Does It

From his long athletic career to his work as a personal trainer, this Army veteran and retired postal employee has learned that



Mike Ehredt is running from Minnesota to Texas to honor fallen U.S. Military service members.

big dreams are achievable by setting goals, training, and taking care of your body.

In addition to practicing good hydration, proper nutrition and getting plenty of sleep, Ehredt will use a number of Hyland's products—including Arnica 30x and Bioplasma Sport for replenishment and recovery and Leg Cramps to ease symptoms—during his long journey across the states.

These all-natural homeopathic products can be useful remedies as you train and set goals to boost physical stamina. They are effective solutions for aches and pains without the side effects that can come with stronger medicines. These statements are based on traditional homeopathic practice. They have not been reviewed by the Food and Drug Administration.

Learn More

For more information on these products, visit www.hylands.com. To learn more about Ehredt and Project America Run II, visit betheredothat.hylands.com.