

Working Out Ways To Fight Poverty

(NAPSA)—Getting yourself in shape could be good for the health and well-being of women and girls around the world.

That's the idea behind a new program that donates \$5 to an international charity for every hour you exercise.

"Here in the U.S., we are facing an unprecedented health crisis in the form of obesity and physical inactivity. At the same time, women in the developing world are impacted most by the effects of extreme poverty," says CBS fitness expert, professional triathlete and best-selling author Eric Harr. "This campaign addresses both of these issues in a very special and emotional way. If you need a reason and the motivation to keep the pounds off and get into shape, this is it."

As part of the program, Harr developed the "I Am Powerful Workout" on behalf of CARE, an international poverty-fighting organization. People can visit www.care.org/workout to learn more and sign up to participate. Then, for every hour a person works out, Harr will donate \$5 to CARE, up to a maximum of \$50,000. Work out five hours this week and you will have automatically raised \$25.

Participants can also earn prizes such as a copy of Harr's new book, "Goal Digger Fitness: Look, Feel, and Perform Your Best With a Breakthrough 14-Day Exercise Plan." "The program is an opportunity to take charge of your health in a very motivating way," says Harr. "Imagine: Every step you take to improve your life will be a step towards securing a better life for women in developing countries—women who make up 70 percent



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of the world's poorest people. This is an easy way to help yourself and others achieve good health and opportunities in life. Look good, feel good, do good!"

"CARE is thrilled to have Eric's support for the I Am Powerful Workout, which offers a fun and easy way to support good health and CARE's important mission of empowering women to overcome extreme poverty," says Dr. Helene Gayle, who became president of CARE in April 2006 after heading the global HIV/AIDS and health programs for the Bill & Melinda Gates Foundation and Centers for Disease Control and Prevention.

Harr suggests starting by setting a fitness goal for yourself—whether it's quitting smoking, losing 10 pounds or running your first marathon—and then using Eric's guidance, free for participants, at the program's Web site to help meet those goals.

For more information, visit www.care.org/workout.