

Toys for Tots Fitness Boot Camp

10/29/08

T'was the month before Christmas and all through the city

Parents were stressed out and children were giddy.

The decorations were up and the sweets did abound,

The shapes of some people were getting quite round!

The children were hoping that Christmas would come,

But without a miracle there would be no gifts for some.

Nick had an idea, the marines joined in too,

And there just may be something that you can do!

Out on the lawn there will be quite a clatter,

With sprinting and sweating the noise will not matter.

MPT and Marines will run a boot camp together,

So come out and play, regardless of weather.

You will learn to get fit and to change up your routine,

And help Toys for Tots as you work to get lean.

The cost of entrance is one toy for one tot,

If we all give a little, it will help out a lot.

Three Marines and your trainer just may make you run,

But do rest assured it is all in good fun.

So call all your friends to help Toys for Tots grow,

And maybe allow your old waistline to show!

What a good way to work out and give back,

And start to work off the Christmas time snacks!

Thanks to you on Christmas children will yell "Hurray"

Happy Fitness to all, Lets do this today!

Who: MPT, You and the Marines

What: 1 hr Fitness Boot Camp Workout

When: 9am-10am Saturday, November 22nd

Where: Football Field at Bush Middle School (1500 Evans Rd. SA,TX 78258)

Cost: 1 toy for the Toys for Tots program