



By Jason Allison  
Phoenix AZ-

Brent Nelson and Julia Mitchell participated in the 2010 Get Fit Challenge Series. The Get fit challenge is a walking and running program that promotes a healthy lifestyle through challenging and individuals mind, body, and soul to complete a Half Marathon Event. Through a group support you see the dedication and commitment in challenging yourself and teammates to a healthier lifestyle. ODSMT's Brent Nelson and Julia Mitchell both participated and trained with the program and completed the 2010 PF Changs Rock and Roll Half Marathon on Sunday January 24th, 2010. Congratulations to our staff who participated and to everyone who ran the Get Fit Challenge 2010 Series. For More information on "Get Fit Challenge" contact Roxanne at 928.729.8062 or email: [Roxannem22@yahoo.com](mailto:Roxannem22@yahoo.com)