

Leonard ISD conducted an Exercise for Life Program as part of our Coordinated School Health in an effort to promote wellness in our teachers/staff and as an example to our students. The District asked for volunteers to participate in a 10 week Exercise Program. Participants recorded their minutes of exercise for the 10 week period. Results and prizes awarded are attached to this email. We would like to extend our thanks to all the participants and to all the businesses that sponsored our program. Prizes were donated by the following businesses.

Curves in McKinney, Bonham and Greenville

24 Hr. Fitness in Allen

Apples for the Teacher in Greenville

Furniture Gallery in Leonard

LA Fitness in McKinney

Wal-Mart in McKinney