

WEEK 4 PE

AFTER MEETING WITH MANY OF YOU OVER WEBEX THIS WEEK, I HAVE DECIDED TO MAKE WEEK 4 PE A CATCH UP WEEK. MAKE SURE YOU ARE DOING A MINIMUM OF 30 MINUTES OF PE A DAY AND CHALLENGING YOURSELF WITH ALL OF THE ACTIVITIES SET ON MY PAGE... AND SOME OF YOUR OWN

*****DON'T FORGET TO SEND IN PICTURES FOR MY GALLERY PAGE!*****

