



Hamilton Man Achieves

New Record in Sit Ups for Charity

By Tony Parziale

Not many middle-aged men can do more than a few sit-ups. At 46, Tony Parziale is still going strong. He recently achieved another World Record by performing 4,238 non-stop sit-ups done in a two-hour time limit. During his mega crunches, members of Parziale's Ladies Workout Express in Hamilton, New Jersey raised more than \$6,000 for St. Jude Children's Research Hospital with a Workout Against Cancer.

Last year Parziale achieved a new personal best, performing 3,778 conventional sit-ups in two hours. "I set a new goal for myself and trained very hard every day until I was able to achieve it," he explained. His new record is 12% higher than the one he set in 2005. A life-long fitness advocate, he earned a Guinness World Record for the greatest number of sit-ups (done in one hour using an abdominal frame) in 2001. He then surpassed his own record a year later to gain his second Guinness World Record.

Long before he knew whether a new World Record may come his way, Parziale personally dedicated this effort to the memory of his father, who passed away in November from complications following heart surgery.

After a successful career in sales, Parziale, a certified personal trainer with a certificate in sports nutrition, left a steady paycheck to plunge full-time into fitness instruction. In April 2003, he and his wife opened Ladies Workout Express in Hamilton, New Jersey. A year later they launched a second location with their friends Donna and Augie Chianese at Manors Corner Shopping Center in Lawrenceville, New Jersey.

Parziale never stops bragging about the healthy members of Ladies Workout Express, who solicited sponsors to donate a certain amount for each exercise performed. "Because there are no guys, Ladies Workout Express is a

stress-free comfort zone for very busy women. In 30 minutes or less, our members gain maximum fitness and lose weight with a program designed specifically for them," he explained.

The money raised in this event will help to ensure that children with cancer and other life-threatening diseases will have a better chance to live. "This is the second time we've pitched in to raise money for the St. Jude Children's Research Hospital," he said, adding, "The most effective supporter is Karen Vogel, who is a long-time member of our Ladies Workout Express facility."

In addition to the thousands raised by other members of Ladies Workout Express, Vogel has raised nearly \$4,000 herself for this year's St. Jude fundraiser. Since losing her child to pediatric cancer several years ago, Vogel has dedicated her considerable energy and drive to generate charitable donations for continued cancer research.

St. Jude Children's Research Hospital is internationally recognized for its pioneering work in finding cures and saving children with cancer and other catastrophic diseases. Founded by the late entertainer, Danny Thomas, and based in Memphis, Tennessee, St. Jude freely shares its discoveries with scientific and medical communities around the world. No family ever pays for treatments not covered by insurance, and families without insurance are never asked to pay. The charitable efforts by Parziale and the members of Ladies Workout Express will help St. Jude's continue its important work.