



Fitness challenge benefits hospitalized children

■ BY KAREN DEMASTERS

If you are already in good physical shape, how much body fat can you lose? That is what several Monmouth County law enforcement officers set out to test recently while they raised money for a good cause at the same time.

Monmouth County Sheriff's Officers Anthony Torre and Herm Colbert, Freehold Township Police Officers Bill Gallo and James MacNamara and Wall Township Corporal Thomas Dowd joined forces to help each other lose body fat.

They each reduced their body fat from about 20 percent to between 6 percent and 13 percent over a 12 week period. Their accomplishment won them the 911 Fitness Challenge for the Northeast and they traveled to Los Angeles and Las Vegas to meet some of the children they were helping to raise money for.

Donations on their behalf went to the Shriners' Children's Hospital in Los Angeles.

"We have done the Fitness Challenge in other years but this is the first time we got to go to Los Angeles and see the kids and play with them. The looks on their faces and the smiles were wonderful," said Torre who cut his body fat from 20 percent to 6 percent.



In addition to training at Impact Martial Arts in Wall Township, which is owned by Dowd, the officers ate a lot of things like salad and oatmeal. Some 3,000 teams from across the country competed.

The officers first saw the challenge on the internet and thought it sounded like fun.

"Even though we keep in good shape all the time, we thought we would see how this went," Torre said. "We worked out three days a week together. We are always pushing each other. But it is really all about raising money for the kids. We are also going to run a fund raiser here to make more money for them."

The children suffer from serious diseases and are being treated at the Shriners' Hospital. The parents have limited resources.

The Fitness Challenge was started by Jim Sayih, the CEO of 911 Fitness and director of Fitness Commitment Institute in Miami, Fla. He retired as a lieutenant from the Miami Police Department. His training regimen is used by DEA, U.S. Secret Service and SWAT teams. ♥