

That's the thing about exercise, fitness and good mental health;



It's your butt...



no one can run for you, no one can eat the right foods for you,
and no one can control your overall wellness like you can.




You are the only one who can push you forward,
you are the only one who can hold you back.

MOVE IT.



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These photos and many more are available for viewing or purchase at TaketheLake.org to benefit the Columbus County Photo Club and Take the Lake. Shooting for the club were Tim and Tara Spivey, Jodi and Cheyenne Zeh, Joe DiBartolo, Barbara Long, Charlie Jarman and Hattie Campbell.

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