



## ***Focus on fitness***

Photo by HAL GOULD

St. George's Cafe on Main Street has for the past few Wednesdays been hosting a series of free classes offered by Houston Fitness Consultants, which teaches people a common sense approach to health and weight management. The four-part series includes four topics: Understanding Metabolism; Exercise and Weight Management; Exercise as Medicine and Healthy Kids equals Happy Kids. Following the series, Houston Fitness Consultants will present an open house at its One on One training studio in Highland. Houston Fitness Consultants can be reached at (248) 676-2882 or (248) 425-3984.