

# Personal character and fitness go hand-in-hand

Guest blog from our friend Mark Yontz with PE4Life. Check them out at [www.pe4life.org](http://www.pe4life.org)

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## Moms

*We are fortunate to meet many great Iowans – some of whom we hold particularly close to our hearts and our mission. Carol Eilerts of Eagle Grove is one of those individuals, and we are pleased to present her guest blog:*