



# FAIRFAX COUNTY PARK AUTHORITY



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*For Immediate Release*

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## Families Invited to Healthy Strides Health & Fitness Expo

The Second Annual Healthy Strides Health & Fitness Expo (Sponsored by Cigna) will be held Friday, April 25, 2014 from 4 to 7:30 p.m. at South Run Park. Attendees will enjoy fun activities and giveaways for the whole family, including:

- **Kids Fun Run:** FREE. All ages. Register at the expo to receive a goodie bag. The Fun Run will take place around the turf fields. Meet in the expo for a group warm-up at 6:15 p.m. The runs will be divided by age and will start at 6:30 p.m. rain or shine.
- **Kids Challenge Course:** Ages 8-14 years. The \$10 fee includes an “I Conquered the Challenge Course” t-shirt for the first 250 participants, a goodie bag, and unlimited use of the course. Register at the expo. Obstacles include a tire run, cone weave, balance beam, wall climb, army crawl, and more! The course will be available rain or shine.
- **Activity Zone:** The Activity Zone will be bustling with two moon bounces, corn hole and spin art (sponsored by Kaiser Permanente), the Mobile Health Vehicle with BMI screenings (sponsored by Kaiser Permanente), a Fitness Play area (sponsored by Fairfax County Park Authority RECenters), skateboarding demos, and a DJ dance party!
- **Strongest School Competition:** Check-in at the expo to get a point for your school, and the school with the most student representation will win a Pool Plunge Party\* at South Run RECenter! *\*Prize only for those students and teachers who attend the Expo.*
- **Interactive Exhibitors:** Over 60 local organizations and businesses will be on-hand to showcase their health and wellness offerings, including: Cigna, Kaiser Permanente, Fairfax County Park Foundation, Fairfax County Park Authority RECenters, Whole Foods Market, Inova, River & Trail Outfitters, Mrs. Greens Natural Market, and others.
- **PLUS** – Other reasons to attend the expo include sports massages, nutrition demos, free expo tote, product samples, access to the Virtual Race Bag with retail discounts and offers, music, and raffle prizes!
- **Healthy Strides Community 5k/10k pre-race packet pick-up and registration\*** (\$40 fee) will be available. The race will take place at Burke Lake Park on Saturday, April 26.  
*\*Unless race registration reaches capacity.*

The Healthy Strides Community 5k/10k and Healthy Strides Health and Fitness Expo are Take 12 Steps for Health events. Take 12 is a free program designed to empower people to make healthy lifestyle changes. Information is available at [www.fairfaxcounty.gov/parks/rec/take12](http://www.fairfaxcounty.gov/parks/rec/take12).

Sponsorships for the Healthy Strides Community 5K/10K and Health and Fitness Expo are available. For information, visit the Fairfax County Park Foundation’s website. For more information, call Fitness and Wellness Program coordinator Liz Ittner at 703-324-8423.



If accommodations and/or alternative formats are needed, please call (703) 324-8563, at least 10 working days in advance of the registration deadline or event. TTY (703) 803-3354.