

PRESS RELEASE 0506-30
FOR IMMEDIATE RELEASE
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Lifelong Fitness Fair – MAY 20, 2006

The **1st Annual LIFELONG FITNESS FAIR**, is being held at El Morro School, Saturday, May 20th 11 a.m.-5 p.m. The **1st Annual LIFELONG FITNESS FAIR** is an educational celebration of lifelong fitness for families of all fitness levels and features an impressive number of athletes, experts, instructors, community resources, health, nutrition, and fitness organizations.

Every child spends a significant portion of his/her school day focusing on their academics with little or no time focusing on their physical activity and nutrition. And yet, each child's health and wellness is paramount to his/her academic success.

Recognizing that educating the "whole child" extends beyond the time allotted in the regular school day, the LBUSD is creating strategic partnerships with parents, schools, businesses, and community groups to increase awareness and opportunities for the overall health and wellness of our children.

On May 20th, at the **1st Annual LIFELONG FITNESS FAIR**, these partners will come together to support our school children in an exciting, active, and fun way!

There is mountain biking, environmental hiking, and Nordic walking at El Moro State Park from 9-11 am, limited space is available so SIGN UP TODAY at WWW.LIFELONGFITNESSFAIR.COM

FREE ADMISSION, FREE PARKING, FREE TROLLEYS!

At 11 a.m. the gates will open at El Morro Elementary School with a day packed with exciting performances, demonstrations, games, and clinics including:

- Honor Chorus with Eliza Sand singing "Big Blue Marble"
- Tai Chi Swords demo and Chi Gong Clinic
- Giant BMX demo team
- Athleticism on flexibility for the young athlete
- Cheryl Medicine Song – songs from her new CD
- United Studios of Self Defense – martial arts demo team
- Capoeira – Brazilian martial arts and dance combo
- Laguna Beach High School Dance Company - performance
- Betty Hoops – performance and Hoola Hoops Dance
- Yoga Works – Juris Zinsberg demo
- Sage Hill Teen Yoga demo
- Soccer Scrimmages
- Volleyball Clinics
- Field Games

Don't miss the 100 foot zip line and the climbing wall! There are over 40 booths with information, services and giveaways, delicious and nutritious food, smoothies, and more!!!

JUMP IN – GET GOING – TRY OUT – HAVE FUN - BRING THE FAMILY!

FOR MORE INFORMATION AND TO SIGN UP GO TO
www.lifelongfitnessfair.com