

PRESS RELEASE 0607-17
FOR IMMEDIATE RELEASE
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2nd Annual Lifelong Fitness Fair - Save-the Date

The 2nd Annual Lifelong Fitness Fair is scheduled for Saturday, May 19, 2007, at El Morro Elementary School! As part of its Quest for Excellence, Laguna Beach Unified School District is committed to bringing a variety of health, wellness, and fitness programs to our schools, families, and community. Following the enormous success of the First Annual Lifelong Fitness Fair, the High Levels of Wellness committee members are planning an event-filled day.

Athletes, experts, instructors, health, nutrition, and family-related organizations will participate in this exciting and entertaining event for people of all ages and fitness levels. Back by popular demand are the exciting BMX bike shows and the climbing wall, as well as many performers and athletes. Once again we will enjoy nutritious and delicious food from chef Amy Martin, Trader Joe's, Wild Oats, and La Sirena. The whole family will enjoy many different rides, demonstrations, and games, including the Robo-surfer, skate team, field games, and a bungee jump!

May is National Physical Education Month, and each LBUSD school site will be participating in special programs that celebrate the importance of daily physical activity and nutritious and delicious food. The Lifelong Fitness Fair focuses on families and highlights ways families can get fit together!

Through entertaining and educational activities, the Fair will demonstrate how the whole family can live a fit, fun life. The Fair is open to the entire community, and admission is FREE!

If you are a business or individual serving families in their quest for a healthy, fit lifestyle and would like to join the vendors and participants, you are welcome to contact the organizers at info@lifelongfitnessfair.com.

Stay Fit with your family! See You at the Second Annual Lifelong Fitness Fair, May 19, 2007!!

www.lifelongfitnessfair.com