

PRESS RELEASE 0607-24

FOR IMMEDIATE RELEASE

For More Information go to: www.lifelongfitnessfair.com

2nd ANNUAL LIFELONG FITNESS FAIR

MARK YOUR CALENDARS FOR The 2nd Annual LIFELONG FITNESS FAIR, May 19th 10 am-3 pm at El Morro Elementary School. Free Parking, Free Shuttle and Free Admission!

This is an entertaining event which will increase personal and global awareness of how to live a fit, fun life for the whole family! This year in addition to all the **GREAT** events, we are offering an opportunity to connect with adults and children around the world through ***Share Your Soles!***, the outstanding non-profit organization which provides shoes to children and adults worldwide. The Fleet Feet booth will sponsor the collection of your gently worn shoes and will donate them to ***Share Your Soles*** where ***children care and children share!*** Feel free to drop the shoes at your school site or bring them on the day of the Fair and receive 2 free raffle tickets for every pair!

And after you donate your shoes... check out these ***FANTASTIC*** Fitness Events:

Hip Hop and Yoga Classes for Kids

Chinese Fan Boxing

Two Giant BMX Bike Team performances

Agility training for golfers with Functional Fitness Institute

United Studios of Self Defense – Martial Arts demo team

Dr. Amen's Great Brain Booth

The Coronado Speed Spinners

Robo Surf and Skate with Moms on Boards

Tennis Speed Drills

Nordic Walking Clinic

Climbing Wall

Bungee Jump

Field Games with The Boys and Girls Club and TLC

Massage and Pilates

Cardio Drumming with Laguna School of Music

The Art Miles Mural Project

Delicious food by La Sirena Grille, Chef Amy Martin, XS, H2 Ultra Fitness Water, Trader Joe's, South Coast Farms, OC Fruitice and Vitamin Water!

Giveaways, raffles and prizes!

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SAVE THE DATE and CELEBRATE LIFELONG FITNESS!