



VILLAGE OF PINECREST

Press Release

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FOR IMMEDIATE RELEASE

Students launch movement to promote healthy lifestyles and bring awareness to childhood obesity

Pinecrest, Fla. – Fit Kids Day was created by kids for kids, in coordination with the Pinecrest Parks and Recreation Department, to bring awareness to childhood obesity. The third annual Fit Kids Day event will be held Saturday, May 3rd from 10:00 a.m. to 2:00 p.m. in Evelyn Greer Park, 8200 SW 124th Street.

The day is tailored to introduce children to sports so they spend more time outside being active while having fun. There will be tennis drills, soccer training, martial arts, baseball games, lacrosse demos, Zumba and relaxation techniques. Nutritionists will also be on hand to educate families about healthy eating and doing food demonstrations.

Eduardo Bricenos-Saez is a senior Fit Kids Day student ambassador. He and other student ambassadors have been planning this year's event since January.

"I think that our hard work and long preparation for Fit Kids Day is worth the effort because it spreads the message that a healthy kid is a healthy adult," said Eduardo, who is 12 years old and a seventh grader in Gulliver Academy. "Being part of Fit Kids Day has made me realize that kids have a voice in the community and that we can make positive changes if we all work together."

Garrett Kraft, 14, is also a Gulliver student. He joined the Fit Kids Day movement to help spread the word that small changes in diet and daily routines translate to a healthier lifestyle.

"I believe that the role I play as an ambassador for Fit Kids Day is very important to my community because I can help others learn about maintaining healthy life habits like eating healthy and exercising," said Garret who is an eighth grader.

Catie Garcia, 13, is a founding student ambassador for Fit Kids Day. For three years Catie has been spreading the word about childhood obesity and its implications.

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“Fit Kids Day has given me the opportunity to make a difference one city at a time. It's a fun way to let kids know that nutritious food can actually taste good, and that doing sports and keeping active is the key to a healthier lifestyle and a healthier future,” said Catie, who is an eighth grader in Ransom Everglades School.

Key Biscayne will be holding its first Fit Kids Day May 24. And other groups in cities, such as, Aventura, Doral, Tampa and Jacksonville have shown interested in having a Fit Kids Day event.

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