



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 fourth annual Fit Kids Day event will be held Saturday, May 2nd 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, Miracle League baseball games, lacrosse demos, Zumba and relaxation techniques. Nutritionists will also be on hand to educate families about healthy eating and doing food demonstrations.

The City of Miami will be hosting its first Fit Kids Day May 16. The Village of Key Biscayne held its second annual Fit Kids Day April 26.

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