



VILLAGE OF PINECREST

Press Release

For Additional Information:

Michelle Hammontree Garcia
Communications Manager
305.234.2121, Ext. 180
mhammontree@pinecrest-fl.gov

Guido H. Inguanzo, Jr., CMC
Village Clerk
305.234.2121, Ext. 120
clerk@pinecrest-fl.gov

Media Contact: Michelle Hammontree
Communications Manager
mhammontree@pinecrest-fl.gov
786-606-3042

FOR IMMEDIATE RELEASE

Fit Kids Day student project has launched a 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 was held Saturday, May 2nd in Evelyn Greer Park.

For photographs, please go to: <http://ge.tt/3U5zQrF2?c>.

The day was tailored to introduce children to sports to encourage them to spend more time outside being active while having fun. There were tennis drills, soccer training, martial arts, Miracle League baseball games, lacrosse demos, Zumba and relaxation techniques. Nutritionists were also in attendance doing food demonstrations and educating families about healthy eating.

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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