



VILLAGE OF PINECREST
Press Release

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FOR IMMEDIATE RELEASE

Pinecrest to host Fit Kids Day with a Color Run and Obstacle Course

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 fifth annual Fit Kids Day event will be held on Saturday, May 7th from 10:00 a.m. to 2:00 p.m. at 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 a color run and obstacle course. To participate, one must register online at <http://bit.ly/1VBOtps>.

If you're not interested in the color run and obstacle course there will also be tennis drills, soccer training, martial arts, healthy food vendors, dance demos and relaxation techniques. Nutritionists will also be on hand to educate families about healthy eating and doing food demonstrations.

For an interview with a Fit Kid Day student ambassador, please send an email to the above contact.

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