



COUNTYWIDE FITNESS CHALLENGE 2011



Saturday, June 11, 2011

8:00 a.m. – Noon

WALK IT OFF!

Join us for a day of family fun featuring a 5K fitness walk and wellness screenings.

Whittier Narrows Recreation Area

751 South Santa Anita Avenue
South El Monte, CA 91733
1st Supervisorial District

- FACE PAINTING
- HEALTHY SNACKS
- FREE GIVEAWAYS
- DRAWING PRIZES
- 5K FITNESS WALK
8:30 a.m.

APPEARANCE BY SNOOPY

- American Cancer Society Booth
- American Diabetes Association Booth
- American Lung Association Booth
- Hula Hoop & Jump Rope Contests
- Massage Therapy
- Medical & Dental Plan Booths
- Parks and Recreation
- "Play for Life!" Booth
- Biggest Loser Booth

- EXERCISE SESSIONS:**
- Extreme Bootcamp
 - Pilates and Yoga
 - Ultimate Fat Burn

- HEALTH SCREENINGS FOR:**
- Blood Pressure
 - Body Mass Index
 - Cholesterol
 - Glucose
 - Lung Function

RSVP to secure your giveaway at <http://dhr.lacounty.info>

