



240 S. Euclid Avenue
Anaheim, CA 92802
(714) 635-9622

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FOR IMMEDIATE RELEASE

**Contact: Debbie Jauch
Anaheim Achieves Senior
Program Director
Phone: (714) 635-9622**

2nd Annual Fit-N-Fun Family Day

ANAHEIM, Calif. — The Anaheim Achieves after-school program will host its second annual Fit-n-Fun Family Day on Saturday, Sept. 23 from 11:30 a.m. to 2:30 p.m. at Pearson Park (400 N. Harbor Blvd., Anaheim). More than 300 community youth, volunteers and program partners are expected to participate in an array of fitness activities that are just as fun as they are healthy.

Fit-N-Fun Family Day is a free event for children accompanied by a parent or legal guardian. New this year is a Parent Walk-A-Thon for parents to enjoy fitness while their children are participating in water games, relay races, yoga, soccer drills and dancing to hip hop, funk and African beats. One highlight of the event is the Olympics Fun Zone, where Anaheim Achieves elementary students compete for the “Fit Cup” in a five-part miniature Olympics.

Families also have the opportunity to check for diabetes, bone density, blood pressure and body fat thanks to free health screenings provided by St. Joseph Hospital, Prospect Medical and Western Medical Center. Healthy snacks and refreshments will be provided by Hometown Buffet and other participating groups. Additional partners include the City of Anaheim, Cypress College, Seals on Wheels, 7 Day Dental and Kundalini Yoga.

“With youth obesity and diabetes on the rise here in Anaheim and nationwide, events like this are so important in teaching youth that fitness can be fun,” said Debbie Jauch, Anaheim Achieves Senior Program Director. “The Anaheim Achieves Fit-n-Fun Family Day, Y Be Healthy program and YMCA Youth Sports are some of the ways we are teaming up with our community partners to promote healthier lifestyles in Anaheim.”

The Anaheim Achieves after-school program is a community collaboration, serving 4,000 students each day in 34 elementary and junior high school sites.

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