



PRESS RELEASE
For Immediate Release

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***GET FIT EPA: Launch of a Community Movement
October 15th***

East Palo Alto – Gone are the days of sitting around eating junk food and guzzling sodas in front of the TV. That's not cool. More people than ever are heeding warnings that living like that can get you into trouble. It's not just a matter of getting out-of-shape, overweight and tired. Poor diet combined with inactivity can pave the way for diabetes, hypertension, joint problems and depression.

On Saturday, October 15th at Cesar Chavez Academy everybody is invited to a **free event - GET FIT EPA** with games and contests, jumpers, food, music and demos. It's the start of a community-wide movement that's being adopted in the schools, after-school programs, youth groups and senior center. Don't worry it's not about dieting or daily treadmill workouts. The Get Fit logo says it best. It's about enjoying life and good health by being physically active, drinking lots of water, and eating the right stuff—and that means fruits and vegetables. The event runs from 11 am to 2 pm. Cesar Chavez is on Bay Road and Ralmar Road.

Anita Black, EPA's own fitness expert is the MC for the event. Special guests include Volleyball



Superstar Ogonna Nnamani, a member of the 2004 U.S. Women's Olympic Team and a Stanford student who was named this year's Collegiate Woman Athlete of the year. The soccer team San Jose Earthquakes' mascot is coming too. The event will also feature performances by Fua Dia Congo, an African American troupe, Folklorico Juvenil and Raices de Mexico, and several Polynesian dance groups.

Get Fit EPA is a collaborative that began in April 2004. It includes the City of East Palo Alto Community Services, Ravenswood Family Health Center, Ravenswood City School District, El Concilio, Lucile Packard Children's Hospital, Palo Alto Medical Foundation, San Mateo County Health Services as well as Boys & Girls Club, New Perspectives, YMCA, Collective Roots. Special thanks to Stephanie Ekoniak and Shelley Kilday of the Junior League of the Mid-Peninsula and Janine Bishop of Lucile Packard Children's Hospital for logistics support and Royd Hatta for graphic design.

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