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News Release

FOR IMMEDIATE RELEASE

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Get Moving for the Health of It - Free and Fun Way for Families to Keep Active -

Fort Myers, FL – Are you feeling bogged down or tired, maybe even unhealthy? The Lee County Health Department and Step Up Florida has partnered with the City of Fort Myers Recreation Division to host the Get Moving for the Health of It event. This event offers fun ways for every one of all ages to get outside and start walking towards a healthy and active lifestyle.

The event is free and allows a motivating and relaxing way for teams to walk, run or skate in Centennial Park on Saturday, February 13th. Registration starts at 7:30 AM so be prepared for a day of healthy fun.

“This is your chance to get outside and do something physical. We have a variety of activities for people of all physical abilities; whether children or seniors,” said Mr. Deke, coordinator of the event. “Some of these things people may have never done, such as Zumba. This gives them a way to pick up a new, heart pumping hobby”.

Bring mats and towels, as the event will also be offering:

- “Workout with Mr. Deke”
- Sunrise Yoga
- Pilates
- Zumba
- Beach Volleyball

Visit the onsite Health Care Informational booths and register to win door prizes. To keep the event upbeat and creative, trophies will be awarded for Best Team T-Shirts and Most Participants. Get Moving for the Health of It will be held monthly through April. For more information contact the Fort Myers Recreation Division at (239) 321-7530.

The dates for the upcoming Get Moving For the Health of It events are:

- February 13th
- March 13th
- April 10th

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