



News Release For Immediate Release

Contact: **Steff Koeneman**
Community Relations Manager
(520) 594-5610 / 419-2272
steffannie.koeneman@pima.gov

Sept. 5, 2008

Pima County Public Library and Pima County Health Department host Get Fit Festival to promote healthy living

Getting Fit in Pima County can be second nature.

That's the goal of the a two day event called the Get Fit Festival on Wednesday, Sept. 24 and Saturday, Sept. 27 at the Jácome Plaza downtown. The event is co-presented by Pima County Public Library and the Pima County Health Department.

Fitness promotion is among the Library's service goals. Over the past two years the Library system has held a variety of fitness programs, such as its Fit for Life program aimed at reducing youth obesity through exercise and nutrition knowledge. The Library also works in partnership with organizations such as the YMCA and the Activate Tucson program and offers numerous health information seminars and presentations at its 26 branch libraries.

The Get Fit Festival takes place in two parts: The first, called "Get Fit Downtown" on Sept. 24, is designed to assist people who live and work downtown. This day of the festival features information on healthy places to eat, ways to exercise, good food for sale, a Farmer's Market, and a session about how to breathe better for health and relaxation, along with a raffle where participants can win a bike from Fair Wheel Bicycles, a \$100 gift certificate for the Food Conspiracy and many other prizes. The Lohse Family YMCA also will host a free Open House. This event takes place from 11 a.m. to 2 p.m.

The next Festival day is Saturday, Sept. 27, and is called "Get Fit Outdoors". This day, also at the Jácome Plaza from 11 a.m. to 3 p.m., is designed for all ages, from children to adult, and features lots of fun activities. The Farmer's Market and food court return, joined by the Community Food Bank Mobile Market, a fun bus from SHINE Arizona that features information and ways to have fun and be healthy. There also is a climbing wall, a bike rodeo, entertainment, several booths where people can learn about being outdoors, and book sales by the Friends of the Pima County Public Library and the UA Bookstore. The Library's new bookmobile will be open for tours.

Guest speakers on Saturday include Jennifer Ward, author of *I Love Dirt, 52 Activities to Help You and Your Kids Discover the Wonders of Nature*, and Jeff Williamson, president of the Arizona Zoological Society and a founding member of Be Outdoors Arizona, an organization dedicated to reconnecting people with nature.

(more)

In one section of Saturday's festival, children can learn about using a compass or other outdoor activities from various tables presented by Pima County Parks, Natural Resources and Recreation. Tots can get in on the fun by trying their hand at stargazing with Starlight Planetarium Productions, or by visiting the Tiny Tumblers activities, both inside the Library. Outside, the Library will be hosting activity tables with fitness or outdoor themes.

The Lohse Family YMCA will host another Open House, so Saturday participants are encouraged to tour the festival plaza, and then bring their swim gear to cool down in the YMCA pool for free.

The Get Fit Festival and all of its activities are free and open to the public. Food, books and Farmer's Market items are available for purchase. Two-hour parking validation in the parking facility below the Library is available for Wednesday attendees. Parking is free on Saturday.

More in-depth information about Get Fit can be found at www.library.pima.gov/getfit or by calling the Library's Infoline at 791-4010.

#