COUNTYWIDE
FITNESS CHALLENGE 2016

WALK IT OFF!

Whittier Narrows Recreation Area

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

DRAGON BOATS

5K RUN AND FITNESS WALKS

EXERCISE SESSIONS

HEALTH SCREENINGS

FACE PAINTING

HEALTHY SNACKS

FREE GIVEAWAYS DRAWING PRIZES

Saturday, April 16, 2016

8:00 a.m. – Noon

Join us for a day of family fun featuring 5K fitness walks and wellness screenings!

American Cancer Society
American Diabetes Association
American Heart Association
Human Resources
Hula Hoop & Jump Rope Contests
Massage Therapy
Medical & Dental Plan Booths
Parks and Recreation
"Wacky Wheel of Wellness" booth

EXERCISE SESSIONS:
Bootcamp
Cardio Dance
Kick Boxing

HEALTH SCREENINGS FOR:
Blood Pressure
Body Mass Index
Cholesterol
Glucose

RSVP to secure your giveaways at
http://employee.hr.lacounty.gov/countywide-fitness-challenge-2/

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