



# **MEDIA RELEASE**

## **THE CITY OF WESTON**

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### ***Get Fit FEST***

**SUNDAY, DECEMBER 12, 2010 10AM-4PM**  
**Weston's First Ever Health, Wellness & Fitness Festival**

An exciting, educational and fun-filled conclusion to the *Get Fit Weston* initiative, the **GET FIT FEST**, a free health, wellness and fitness festival will be held on Sunday, December 12<sup>th</sup> in the Weston Town Center from 10AM-4PM.

Get Fit Weston has helped hundreds to tone up, slim down, eat healthier and step up their physical activity and now it's time to celebrate! This first ever event for Weston is packed full of entertainment, demonstrations and activities, including:

Free Health Tests  
Former Miami Dolphin, Terry Kirby  
Broward County's largest ZUMBA workout  
Miami Heat Dancers  
Live Music by The First Street Heat  
The Florida Panthers PlayStation 3 NHL Party Mobile  
The Miami Dolphins/Gatorade Junior Training Camp  
The Marlins Street Team

Powerlifting Demonstration  
Gymnastics Demonstration  
Cheerleading Demonstration  
Martial Arts Demonstration  
Yoga Demonstration

**Workshops**  
Healthy Cooking, The Fresh Diet  
Training the Right Way  
Selecting the Proper Exercise Footwear  
The Right Running Shoes for You  
Getting Your Kids Excited About Healthy Eating

And over 40 local exhibitors with the latest health & wellness products & services



The Get Fit Fest is being presented by the Rotary Club of Weston, in partnership with the City of Weston, Cleveland Clinic Florida and many great sponsors, providing a free event for the entire community that is fun, exciting, educational and good for you!

For more information on the *Get FIT Weston* initiative, please visit the website at [www.getfitweston.com](http://www.getfitweston.com)

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Use of Weston City Seal without authorization: 165.043 Official county or municipal seal. --The governing body of a county or municipality may, by ordinance, designate an official county or municipal seal. The manufacture, use, display, or other employment of any facsimile or reproduction of the county or municipal seal, except by county or municipal officials or employees in the performance of their official duties, without the express approval of the governing body, is a second degree misdemeanor, punishable as provided in F.S. 775.082 or F.S. 775.083.

The City of Weston ▪ 954-385-2000 ▪ [www.westonfl.org](http://www.westonfl.org)  
*The Nation's Premiere Municipal Corporation*<sup>sm</sup>