

WORKOUT FOR FOOD!

DONATE TO THE FREE STORE FOOD BANK

Body Rock Fitness and the Midwest Regional Black Family Reunion have teamed up to enhance this year's reunion by bringing the community together to "WORK FOR FOOD." Obesity is one of the biggest public health challenges the country has ever faced, and disturbing disparities exist based on race, ethnicity, where you live and income. The Centers for Disease Control and Prevention (CDC) reports that African Americans have the highest rates of obesity.

"Obesity is a major risk factor for many chronic diseases such as heart disease and diabetes. As obesity increases among all age groups, we are seeing chronic diseases in much younger adults compared to a few decades ago," said Dr. William Dietz Director, CDC's [Division of Nutrition, Physical Activity and Obesity](#). "For example, we now see young adults who suffer from heart disease risk factors and other conditions such as type 2 diabetes that were unheard of in the past."

YOU CAN BEGIN MAKING A CHANGE IN YOUR HEALTH BY COMING TOGETHER AS A COMMUNITY TO HELP FEED THE HUNGRY CHILDREN AND ADULTS IN OUR COMMUNITY by

"WORKING OUT FOR FOOD"



WHAT: "OLD SCHOOL MUSIC" FITNESS JAM

WHEN: FRIDAY, AUGUST 20, 2010

WHERE: NORTH AVONDALE RECREATION CENTER
Gymnasium
617 Clinton Springs
Cincinnati, OH 45229

WHY: Raise Money for the Free Store Food Bank
Fight Obesity

TIME: 6: 30 PM Sharp!!

ATTIRE: Workout attire. Loose fitting clothes. Gym Shoes. (No sandals or street shoes)

BRING: Towel, Workout Mat and Water

REGISTRATION: www.bodyrockfit-ness.com (click on "classes and special events")
www.midwestbfrc.com (click on "event schedule")

On-Site Registration Available

Fitness Packet provided by www.positivepromotions.com 1-800-635-2666



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