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For immediate release

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West Palm Beach Fitness Festival at Gaines Park to help citizens get fit; Hundreds Expected to Participate in FREE Fitness Classes.

(West Palm Beach, FL) - Living Fit Today, the WPB TV CityFit fitness professionals Jerry Jefferson and Therese Abair, along with other local teachers, will teach free fitness classes as part of 1st Annual West Palm Beach Fitness Festival. This free community event, open to all skill levels, will be held Saturday, April 18th, 2009 from 9:00 a.m. to 2:00 p.m. at Gaines Park in West Palm Beach.

Several types of fitness classes will be offered. Participants can choose from cardio activities like Zumba (Latin Dance), Cardio Kick, Soul Line Dancing and Spin or mind/body such as Pilates Mat and Yoga. The first 200 hundred attendees will receive a free goody bag.

There will be Health and Fitness vendors to provide attendees the opportunity to get a free mini sports massage, talk to a nutritionist, learn about healthy habits, weight control, talk to the fitness experts or buy a healthy snack. Festival participants have the opportunity to also receive free, confidential HIV, Syphilis and Hepatitis testing. Also included in the day is the opportunity for participants to stop by the blood mobile and give blood.

“Being physically active has multiple benefits and improves your quality of life.” said Jerry Jefferson, Living Fit Today, organizer. “The fitness festival is an opportunity to try several different activities and see what works for you. Try one or all.”

West Palm Beach Fitness Festival is hosted by Living Fit Today (LFT), a mobile fitness company, specializing in designing fitness programs in the workplace and in the community. LFT teaches free community classes throughout the year. Living Fit Today created the West Palm Beach Fitness Festival to show participants a variety of physical activity options, as well as to improve and encourage their knowledge of health and wellness.

For more information about the West Palm Beach Fitness Festival event call 561-281-5895, email: info@LivingFitToday.com or web: LivingFitToday.com.

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