
WAUKEGAN PARK DISTRICT

PRESS RELEASE

**2nd Annual Fitness Expo
at the Field House Sports & Fitness Center
Saturday, March 22
10am-1pm
800 N. Baldwin Avenue**

Waukegan, IL (March 18, 2014) The Second Annual Fitness Expo will take place at the Field House Sports and Fitness Center on Saturday, March 22 from 10am-1pm. The free event, devoted to health and fitness for ages 14 and over, includes: Health Screenings, Giveaways, Healthy Vendors and Fitness Assessments. Rogan's will be onsite providing advice about proper footwear and free fitting of athletic shoes and Winslow Chiropractic will give free chair massages and spine assessments. A healthcare navigator will be available to answer questions about the Affordable Care Act and assist with enrollment. Great prizes will be awarded for fun contests such as: King or Queen of the Mountain, One-Minute Push-Up Contest, One-Minute Sit-Up Contest and One-Minute Chin-Up Contest. There will be opportunities to sample fitness classes including: Zumba, Senior Fit, SilverSneakers, Pilates and Yoga. The public is invited to attend this event and the first 100 attendees will receive a free t-shirt! In addition to the free event, a bench press and deadlift competition will be held. Weigh-in begins at 10am and there is a \$20 fee to compete. For more information, please call 847-782-3300 or visit www.waukeganparks.org

About the Waukegan Park District

Established on December 26, 1916, the district has 47 properties and 720 acres of land, including the 18-hole Bonnie Brook and 9-hole Greenshire Golf Courses. Properties are managed to the highest environmental and conservation standards. Facilities operated by the district include the Field House Sports and Fitness Center, the Jack Benny Center for the Arts, the Waukegan SportsPark, the Waukegan Skate Park, the Waukegan BMX Track, recreational centers, an outdoor swimming pool, disc golf course, dog exercise area, outdoor sports fields, picnic areas, playgrounds, and sports courts including basketball and tennis. A full range of programs and services are offered year round for all ages, from infants to seniors as well as special needs populations. Healthy lifestyles, wellness initiatives, and a connection with the outdoors and nature are integrated throughout programs, services, and special events. Cultural events are provided by the Waukegan Symphony Orchestra and Concert Chorus, the Bowen Park Theatre Company, and the Waukegan History Museum. There is something for everyone! The award-winning District employs 57 full-time and over 250 part-time, year round, seasonal, and temporary employees. The District is a member of the National Recreation and Park Association (NRPA), Illinois Association of Park Districts (IAPD), and Illinois Park and Recreation Association (IPRA). The district maintains national accreditation from the NRPA Commission for Accreditation of Park and Recreation Agencies (CAPRA), the Illinois Association of Park Districts' (IAPD) Distinguished Agency accreditation and the Park District Risk Management Agency (PDRMA) accreditation and sustains a Level A Loss Control Program. The district was a NRPA Gold Medal Finalist in 2012 and 2013, and awarded the NRPA National Gold Medal Award for Excellence in Park and Recreation Management in 2013.

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