

Jump Start Your Fitness!



Visit www.natchitoches411.com to download a complete calendar of free healthy living events.

Save the Dates!

Join us in select neighborhood parks for “Jump Start Your Fitness” programs in celebration of Turnoff Week.

The programs will teach you how to construct a fitness program to lose weight, tone muscles, build strength and endurance, and improve vital health measures such as blood pressure and cholesterol – all without setting foot in a gym.

Free health measurements and “Get Fit” backpacks will be available on-site.

Event Details

When & Where:

April 19 - Airport Road Park (130 University Drive)

April 20 – McCain Park (1536 Salter Street)

April 21 – Manning Park (341 Shoreline Drive)

Time:

6:00 – 7:00 p.m.

Cost:

Free

Availability:

Open to community members of all ages

For More Information:

getfitnatchitoches@gmail.com

www.natchitoches411.com

Turnoff Week is a nationally recognized week that urges people to limit use of TVs, computers, and video games. Visit www.natchitoches411.com for more details.