



City of Tustin

City of Tustin
300 Centennial Way
Tustin, CA 92780

1/3/2018

FOR IMMEDIATE RELEASE

PRESS RELEASE 10318

Subject: **Fitness Awareness Week**
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Tustin, CA.– The City of Tustin Parks and Recreation Department is hosting the 17th Annual Tustin Area Senior Center Fitness Awareness Week starting on Monday, January 8 - January 12, 2018, at the Tustin Area Senior Center located at 200 South "C" Street, Tustin, CA 92780.

An activity is scheduled each day during the week. All participants will be given a "Passport to Fitness," which will be stamped at the end of each completed activity. Each stamp qualifies as a raffle entry and numerous stamps increase chances of winning. A drawing will be held at the end of the week.

Fitness Week is a free event sponsored by the Tustin Area Senior Center and HealthCare Partners. This year, all participants will receive a free t-shirt.

The Fitness Awareness Week is scheduled as follows:

Monday, January 8, 11:00 am – 12:00 pm – Access Your Fitness

- Find out your fitness level by participating in a Functional Fitness Assessment. The assessment will test your upper and lower body strength and flexibility. Wear comfortable clothing and shoes.

Tuesday, January 9, 9:00 – 10:00 am – Walk with the Doc!

10:15 – 11:15 am – Healthy Eating Seminar

- Meet HealthCare Partners doctors and staff in lobby of TASC. Come and enjoy a walk around the park and into Old Town Tustin. Learn about the importance of walking and health. Please wear comfortable shoes, light jacket and bring water. After the walk a seminar will be held in the lounge on the importance of healthy eating.

Wednesday, January 10, 9:00 am – 12:00 pm – HealthCare Partners Testing

- HealthCare Partners staff will be in the Board Room performing free Glucose and Blood Pressure testing.

Thursday, January 11, 10:00 – 11:00 am – MELT

- MELT is a physical fitness class designed to improve your balance and flexibility. This class focuses on breath control, mental focus and stress-reduction. Bring a mat or one can be provided to you.

Friday, January 12, 10:00 – 11:00 am – Chair Exercise

11:00 – 11:30 am – Review and Opportunity Drawing

- Join our instructor Cathy for our free chair exercise program that focuses on aerobics, strength and stretching. At the conclusion of the class, a review of the week will be conducted as well as the raffle opportunity drawing.

For more information on Fitness Awareness Week, please contact (714)573-3340.

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