



COUNTY OF SAN DIEGO NEWS RELEASE

FOR IMMEDIATE RELEASE
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FITNESS EXPO LETS SENIORS TRY OUT DIFFERENT EXERCISE ACTIVITIES *Free 'Active Aging' Event in Balboa Park Includes Fitness Testing*

Have you ever wanted to compare the benefits of Tai Chi and Yoga? Do you wonder if lifting weights is a good or bad idea for you? What are the alternatives to buying a gym membership?

If you want to choose an active lifestyle, but are unsure what would work for you, or if you'd like to try something new, plan to attend the Active Aging Fitness Expo being held from 10 a.m. to 1 p.m. on Monday, Oct. 1, in Balboa Park at the point where Nutmeg intersects Sixth Avenue.

The event is being sponsored by the County of San Diego HHSA (Health & Human Services Agency) Aging & Independence Services, City of San Diego Parks & Recreation Department, Arthritis Foundation, Tai Chi Wellness Center, Silver Age Yoga, Silver Sneakers, San Diego Community College District and other community partners.

The Active Aging Fitness Expo will be the culmination of Active Aging Week, created by the International Council on Active Aging to promote healthier lifestyles for older adults.

There will be demonstrations, sample classes, health screenings, fitness testing and information about fitness resources in the community, such as walking clubs and low-cost exercise classes. There will also be a free lunch for the first 100 people who register.

For more information or to register, leave a message at (858) 495-5500.

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