



News Release

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Are you up to the challenge?
Join in the free fun at Healthy Communities Challenge Day on June 4
Live entertainment, Get Movin' summer fitness program, demonstrations
and healthy take-home Strawberry plants await

MARYSVILLE – The City of Marysville and the Marysville Community Coalition invite you to the free annual Healthy Communities Challenge Day on Saturday, June 4, a fun-filled community fitness and health celebration that will motivate you to reach your health, nutrition and fitness goals.

Challenge Day will be 10 a.m.-2 p.m. on Saturday, June 4 at Allen Creek Elementary School, 6505 60th Drive NE (SR 528). Snohomish County Get Movin', the annual free summer program aimed at motivating families to adopt more active lifestyles, will also occur at the same Challenge Day location.

"We want to make Marysville a more fit and health-conscious community," Mayor Jon Nehring says. "We invite you to help us kick off a healthy summer at Challenge Day."

Challenge Day will feature a variety of interactive activities and events to help you get a head start on getting fit this summer including:

- screenings and information from several health and fitness agencies
- plant your own strawberry starter plants and vegetable gardening seeds to plant and take home
- healthy food vendors
- climbing wall (weather permitting)
- free massages
- body fat testing
- hands-on activities and much more.

Other activities throughout the day include sports injury prevention and screenings from Summit Rehabilitation, Nintendo Wii demonstrations, Marysville youth sports clubs information, Everett AquaSox and Everett Silvertips booths, signup information and details about the Wilcox Farm Community Garden, and general health information from participating community service organizations such as Goodwill and Salvation Army.

Challenge Day will also feature live entertainment with the Grove Street Library Band at 11 a.m. and a solo performance by Ian Dobson, an accomplished steel drum percussionist and collaborator with his *Pan Leggo* band, at 1 p.m.

Marysville Community Coalition (MCC) has stepped up this year to coordinate Challenge Day with support from the city. The Coalition is a community partnership that since the 1980s has promoted safety, diversity and awareness, and responded to the needs of youth, working together toward a safer and healthier community. About 80 vendors are registered for this year's event, says Andrea Kingsford, City Recreation Coordinator and MCC Chair.

Challenge Day is also an opportunity to celebrate the successes thus far by the many individuals and organizations involved in the Marysville Healthy Communities Project. The project since 2007 has been aimed at reducing obesity in the community and the chronic diseases associated with it.

"The work that has been done through the Marysville Healthy Communities Project is making Marysville a more fit and health-conscious community," Nehring says. "Through our community-based collaborative response, we are seeing real changes in lifestyle in Marysville that will reduce the obesity epidemic in our community, and the chronic diseases linked to it."

For more information call (360) 363-8400, or visit the Marysville Healthy Communities Project web site at <http://www.marysvillehealthycommunitiesproject.com>.

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Sponsored by the Marysville Healthy Communities Project, City of Marysville, Marysville Community Coalition, Marysville/North County YMCA, Marysville School District, Get Movin', Sno-Isle Libraries, The Everett Clinic and United Way of Snohomish County/Marysville Kids Matter.