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PINELLAS COUNTY HEALTH DEPARTMENT

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FOR IMMEDIATE RELEASE

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HAVE FUN, GET FIT AT THE KIDS FIT FEST ON MARCH 6

Getting kids moving can mean improved health and more fun for the whole family. The **Heart of Largo – Eat Smart, Play Hard Project**, is promoting healthy eating and increased physical fitness in children at the Second Annual Kids Fit Fest from 10 a.m. to 2 p.m. on Saturday, March 6 at Largo Central Park, 101 Central Park Dr., Largo.



This free event is for kids of all ages who will have a blast participating in a variety of fitness games and nutrition activities. The first 350 children to complete the event's fitness challenge passport will receive a Heart of Largo backpack filled with goodies.

The family event includes live entertainment, healthy food vendors, prize giveaways, train rides on Largo Central Railroad and demonstrations by Tutterow Dancers, Bayside Gymnastics and the Dunedin Step Team.

The event is sponsored by the City of Largo and the Heart of Largo project, as part of an ongoing effort to promote healthy eating and physical activity in children. For more information, go to www.PlayLargo.com.

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