

## **NEWS RELEASE**

**FOR IMMEDIATE RELEASE**

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January 10, 2012



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### **GET UP, GET OUT FITNESS PROGRAM**

SUFFOLK, VA (January 10, 2012) Get Up & Get Out is a fitness program designed to help you get on track and stay on track throughout the year. There are four sessions beginning on February 6, 2012, with additional sessions set to start April 2, June 4, and August 6. The East Suffolk Recreation Center will host all of the sessions.

Each six-week, three-day-a-week program combines nutrition and physical activity guidance designed to teach the benefits of making healthy choices. Activities, seminars, and exercise will be coordinated by a Community Nutritionist and Fitness Assistant. There are no fees to participate and each participant will receive a free one-year membership to East Suffolk Recreation Center and Fitness Center.

For more information, contact Mike Frickanisce at (757) 514-4504.

East Suffolk Recreation Center is located at 138 South 6th Street.

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