

Monday, May 2, 2005 - Washington, DC - National Mall between the Capitol reflecting pool and 4th Street SW
Nearest Metro stop: Federal Center SW - orange/blue lines

HealthierUS Fitness Festival

The President's Council on Physical Fitness and Sports

Presents

ON STAGE 1

- 10:00 – Dr. Bear & Children's Hospital
- 10:20 – T-Bone
- 10:40 – Kids in Action
- 11:00 – Shape Spirited Strength Workout
- 11:15 – Washington Sports Club's Strength Exercise
- 11:30 – Jazzercise with Judi Sheppard Missett

12:00 – OFFICIAL CEREMONY

HHS Secretary Michael O. Leavitt,
USDA Secretary Mike Johanns, and other officials

PCPFS Chair Lynn Swann, Members Denise Austin,
Paul Carrozza, Amanda Cromwell, Pam Danberg,
Dan Gable and Olympic gymnast Kerri Strug

Awards:

Washington Middle School
Fairfax Pilot School

- 1:00 – ACE Workout
- 1:15 – Laurent's Ya-La Workout
- 1:30 – Body Wedge
- 1:45 – Mad Fitness with Madeline

Chair Massages
Cookie Monster (Sesame Street)
Kids' Obstacle Course (Healthier Families)
Packy PlayFair
Paddle Battle
PCPFS President's Challenge
Rugby (DC Rugby)

ON STAGE 2

- 10:00 – Rick's Quick Fit
- 10:15 – Gold's Gym Exercise
- 10:30 – Integral Yoga
- 10:45 – Sports Club LA
- 11:00 – Shock Your Body with Joe Decker
- 11:15 – Dance With Your Pillow
- 11:30 – Camp Springs Senior Line Dancing
- 11:45 – Tai Chi

Special Guests:
The Harlem
Globetrotters!

- 1:00 – Joy of Movement: Shape Your Life
- 1:15 – Jack Fitness Cardio, HHS Fitness Center
- 1:30 – SuperLeaders Drill
- 1:45 – Energize with PraiZercise

SPORTS/ACTIVITIES – ONGOING

Snowshoeing
Soccer (DC United and US Soccer)
Tchoukball
Trek Bicycles
USA Football (Punt/Pass/Kick)
USFooty Kids
VA is for ED
Walks/Runs starting at 1:15

For information call 202-690-9000

HealthierUS Fitness Festival

Washington, D.C.

Monday, May 2, 2005

10:00 a.m. to 2:00 p.m.

Achilles (Running, Rehab, & Education) • Action for Healthy Kids • Administration on Aging (Health and Human Services) • American Association of Clinical Endocrinologists • American Chiropractic Association • American Council for Food and Nutrition • American Council on Exercise • American Fitness, Health, & Wellness Council • American Hiking Society • American Physical Therapy Association • American Recreation Coalition • American Running Association • Athlete Management • Body Wedge • Camp Springs Senior Center Line Dancing • CareFirst Blue Cross Blue Shield • Children's Hospital • Coke Step With It • Dancing With Your Pillow • DC Rugby Foundation • *Express* • Federal Occupational Health (Health and Human Services) • The Fit Solution • Fitness Challenge • Food and Nutrition Service (United States Department of Agriculture) • Functional Fitness 4 Kids • General Mills Foundation • Get Fit • Girls on the Run • Gold's Gym • Grocery Manufacturers Association • Harlem Globetrotters • Healthier Families Foundation • International Food Information Council Foundation (IFIC)/Kidnetic.com • Jazzercise • Joe Decker - Fittest Man • Joy of Sports • Kettlebell Concepts • Laurent Amzallag • L & T Health and Fitness • Mad Fitness • Marathon Charity Partners • *MetroSports Washington* Magazine • National Association for Girls and Women in Sports • National Association for Sport and Physical Education • National Athletic Trainers Association • National Coalition for Promoting Physical Activity • National Institutes of Health - Fitness Center • National Strength and Conditioning Association • Office of Disease Prevention and Health Promotion (Health and Human Services) • Office of Minority Health (Health and Human Services) • Office on Disability (Health and Human Services) • Office on Women's Health (Health and Human Services) • Office on Women's Health of FDA (Health and Human Services) • Outdoor Industry Association and Foundation • Packy PlayFair • Paddle Battle • President's Challenge • President's Council on Physical Fitness and Sports • Rails-to-Trails Conservancy • Rick's Quick Fit • ROA-US FreedomWalk • Sesame Workshop • Shape • Shape Your Life • Silver Sneakers Fitness Program • Snowsports Industries, Inc. • Sporting Kids/Sports Edge • Sports Club/LA • SuperLeaders • Tai Chi • T-Bone • Tchoukball • TheraCare • Trek Bicycles • USA Football • USFooty Kids • US Forest Service (United States Department of Agriculture) • US Soccer Foundation/Major League Soccer • US Youth Soccer • VA is for Education • Washington Sports Club • A WiderCircle • YMCA • Yogaville/Integral Yoga

***National Mall between the Capitol
reflecting pool and 4th Street SW***

Free and open to the public, so bring your family and friends.

Exhibits, demos, interactive sports and games, health screenings

