

LET'S MOVE BLAIR COUNTY



Healthy
Blair County
Coalition

*Eat Healthy,
Get Active,
Have Fun!*

Altoona Launch Event

June 21. Mansion Park. 10AM-1PM. Rain Location: East Juniata Community Center

Join the Altoona Area High School Athletes as they embark on changing the culture of Blair County. The event is for all ages, ability levels, and fitness levels. Free healthy snacks, free fitness giveaways, front porch vegetable pots, music, and so much fun you won't want to miss it!

The goal of Let's Move Blair County is to help our communities make healthier choices.

ONGOING ACTIVITIES THROUGHOUT EVENT (10 a.m. - 1 p.m.)

Blood pressure screenings/scales — main gate, concession stand

Fitness tips by local experts — main gate, gazebo

Cooking demonstrations — small pavilion

Farmer's Market — main pavilion

Gardening for sustainability by Master Gardener, Karen Stanley — main pavilion

Stress reduction/bio feedback — visitor's side concession stand

Healthy portions/Nutrition Plate — main gate, front of bench

Agility training, games, & dodge ball by Altoona High School coaches & athletes — main turf field

SCHEDULED ACTIVITIES

10 - 10:30 a.m. — Hip Hop dance by Brick House — visitor side's grass practice field

10:30 - 11 a.m. — Silver Sneakers by Brick House — visitor side's grass practice field

11 - 11:30 a.m. — Exercises to do at home/proper techniques — visitor's side practice field

11:30 a.m. - 12 p.m. — Zumba — visitor's side grass practice field

12 - 12:30 p.m. — Pilates — visitor's side grass practice field

12:30 - 1 p.m. — Yoga/Mindfulness by Bloom Yoga — visitor's side grass practice field

51/67

Did you know that Blair ranks 51 out of 67 PA counties in the statewide health rankings? Let's Move Blair County is an initiative created by the Healthy Blair County Coalition. The mission of the Healthy Blair County Coalition is to assess and hopefully impact all aspects of a healthy Blair County by sharing resources, engaging local partnerships, and implementing strategies and programs that will make a difference in the lives of residents and the community itself. A healthy Blair County means impacting social, economic, emotional, and physical needs. Let's change these numbers. LET'S MOVE BLAIR COUNTY!



facebook.com/letsmoveblaircounty

LET'S MOVE BLAIR COUNTY



Healthy
Blair County
Coalition

*Eat Healthy,
Get Active,
Have Fun!*

Altoona Launch Event

June 21. Mansion Park. 10AM-1PM. *Rain Location:
East Juniata Community Center*

Join the Altoona Area High School Athletes as they embark on changing the culture of Blair County. The event is for all ages, ability levels, and fitness levels. Free healthy snacks, free fitness giveaways, front porch vegetable pots, music, and so much fun you won't want to miss it!

The goal of Let's Move Blair County is to help our communities make healthier choices.

ONGOING ACTIVITIES THROUGHOUT EVENT (10 a.m. - 1 p.m.)

Blood pressure screenings/scales — main gate, concession stand

Fitness tips by local experts — main gate, gazebo

Cooking demonstrations — small pavilion

Farmer's Market — main pavilion

Gardening for sustainability by Master Gardener, Karen Stanley — main pavilion

Stress reduction/bio feedback — visitor's side concession stand

Healthy portions/Nutrition Plate — main gate, front of bench

Agility training, games, & dodge ball by Altoona High School coaches & athletes — main turf field

SCHEDULED ACTIVITIES

10 - 10:30 a.m. — Hip Hop dance by Brick House — visitor side's grass practice field

10:30 - 11 a.m. — Silver Sneakers by Brick House — visitor side's grass practice field

11 - 11:30 a.m. — Exercises to do at home/proper techniques — visitor's side practice field

11:30 a.m. - 12 p.m. — Zumba — visitor's side grass practice field

12 - 12:30 p.m. — Pilates — visitor's side grass practice field

12:30 - 1 p.m. — Yoga/Mindfulness by Bloom Yoga — visitor's side grass practice field

51/67

Did you know that Blair ranks 51 out of 67 PA counties in the statewide health rankings? Let's Move Blair County is an initiative created by the Healthy Blair County Coalition. The mission of the Healthy Blair County Coalition is to assess and hopefully impact all aspects of a healthy Blair County by sharing resources, engaging local partnerships, and implementing strategies and programs that will make a difference in the lives of residents and the community itself. A healthy Blair County means impacting social, economic, emotional, and physical needs. Let's change these numbers. LET'S MOVE BLAIR COUNTY!



facebook.com/letsmoveblaircounty