

HOLISTIC HEALTH & FITNESS EXPO

EXHIBITOR & SPONSOR INFORMATION PACKET

Sunday, September 14, 2025

10:00am - 5:00pm

District 56

8230 Civic Center Dr. #100

Elk Grove, CA 95757



www.holistichealthfitnessexpo.com





FITNESS WITHOUT BORDERS

Fitness Without Borders (FWB) is a 501(c)(3) nonprofit founded in 2007. FWB is devoted to the development and fitness education of community leaders organized in a unified effort to foster healthy children. We work primarily, but not exclusively, in underprivileged neighborhoods in order to build self-reliance, health, and capacity.

ABOUT

Fitness Without Borders presents Elk Grove's premier Holistic Health & Fitness Expo on Sunday, September 14, 2025, where attendees will have access to a wide range of options aimed at enhancing their overall well-being. This is our second annual event. The first event held in 2024 hosted over 2000 attendees, was featured on Good Day Sacramento, Fox News and various social media platforms.

Centered around physical, mental, emotional, and spiritual health, the expo adopts a holistic approach that resonates with the growing movement towards integrative and inclusive access to health and wellness. We welcome all businesses that promote health and fitness.

Our mission is to generate cross-cultural community involvement and raise awareness of diverse practices that contribute to health and healing.

With a lineup of vendors spanning sports medicine, mental health services, Ayurveda, traditional Chinese medicine, and more, participants will have an opportunity to delve into the latest techniques supporting their wellness journey and engage with various practices to promote a health-conscious lifestyle.





OVERVIEW

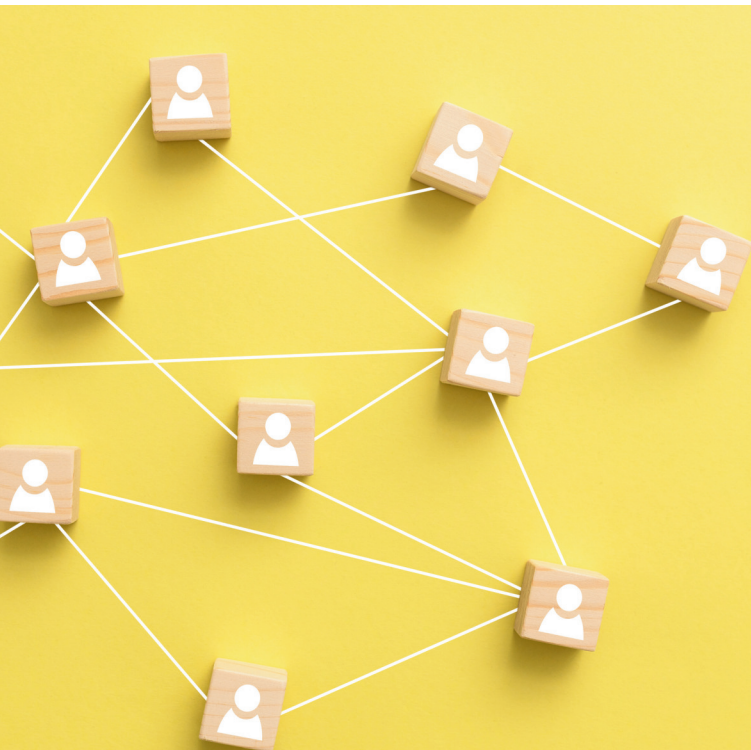
- Free to the public
- Anticipated attendance: 2,000+
- Majority of attendees: Women interested in health & wellness products/services
- Average age of adult attendees: 25-54
- Booth space: Available for \$200
- Sponsorships: Ranging from \$400 to \$4,000
- Business Diversity: Encompasses all sizes from local establishments to national enterprises

EXPO HIGHLIGHTS

- Wide range of exhibitors
- Keynote speakers & experts
- Interactive fitness sessions
- Educational workshops
- Live demonstrations
- Access to health enthusiasts and influencers
- Natural & organic product marketplace
- Kids Fit Fun Zone

EXHIBITOR CATEGORIES

- Nutrition & Supplements
- Fitness & Exercise
- Mindfulness & Meditation
- Wellness Products
- Alternative Therapies
- Health Services
- Community & Support Groups
- Coaching & Counseling
- Herbal & Natural Remedies
- Mental Health Providers
- Fitness Apparel & Gear
- Beauty & Skincare
- Free Health Screenings



REASONS TO EXHIBIT

- Sell your products/services
- Face to face with attendees
- Generate leads
- Gather competitive intelligence
- Strengthen your brand
- Networking opportunities
- Targeted marketing exposure
- Media coverage potential
- Positive brand association
- Community engagement
- Obtain customer feedback
- Demonstrate latest products

EXHIBITOR INFORMATION

IMPORTANT NOTE

Booths are reserved on a first come, first served basis with paid deposit. Verbal reservations are not accepted.

BOOTH PREFERENCES

Exhibitors are given the opportunity to select a booth location in the order in which they registered for the Expo. Up to 3 preferences will be available. Producers will email the floor plan for booth selection 6-8 weeks prior to the Expo. Producers can not guarantee placements but will try its best to honor requests. Producers organize booth placement so no two exhibitors alike are placed together.

SET UP & TEARDOWN HOURS

Move In/Set Up:

Sunday, September 14, 2025 from 8:00am to 10:00am

Teardown & Clean Up:

Sunday, September 14, 2025 from 5:00pm to 7:00 pm

*Teardown before 5:00pm is STRICTLY PROHIBITED

PAYMENT OPTIONS & DEADLINES

After submitting your application, expect to receive an invoice through email within 48 hours. To secure your booth(s), payment must be made within 3 days of the issued dated of the invoice. No exhibit will be permitted to be placed in the exhibition space until full payment has been made.

EXHIBITOR'S INSURANCE

Exhibitors may sell merchandise at the Expo provided that they provide Show Management proof of insurance coverage no later than one month prior to the Expo. The Exhibitor shall maintain adequate insurance throughout the duration of their participation.

FOOD VENDORS

Exhibitors interested in providing food or beverage samples must provide Show Management proof of insurance coverage no later than one month prior to the Expo. The Exhibitor shall maintain adequate insurance throughout the duration of their participation.

SPONSORSHIP OPPORTUNITIES

STANDARD BOOTH: \$200

- 10'x10' booth outdoors

Booths are generally arranged in a straight line and have neighboring exhibitors on their immediate right and left, leaving only one side exposed to the aisle.

SUPPORTING SPONSOR: \$400

- 10'x10' booth outdoors
- Logo placement on event materials.

BRONZE SPONSOR: \$2,000 (limited number available)

- 10'x20' booth space with choice of indoor* or outdoor location
- Logo visibility on event materials
- Mention in event-related communications
- Verbal recognition during specific sessions

SILVER SPONSOR: \$3,000 (limited number available)

- 10'x20' booth space with choice of indoor* or outdoor location
- Prominent logo placement on event materials
- Recognition in opening and closing remarks
- Featured in event marketing campaigns
- Brand awareness (2 ads)

EXCLUSIVE GOLD SPONSOR: \$4,000

- Title sponsor of the Holistic Health and Fitness Expo
- 10'x20' booth space with choice of indoor* or outdoor location, or 2-10'x10 booths (one indoors and one outdoors)
- Prominent logo placement on event materials
- Recognition in opening and closing remarks
- Featured in event marketing campaigns
- Brand awareness (3 ads)
- 'Thank you' post on founder Maria Kang's social media channels

*5 x 2.5' table and 2 chairs can be provided for indoor locations.

KIDS FIT FUN ZONE SPONSORSHIP

The Kids Fit Fun Zone is a dynamic, interactive space designed to inspire the next generation to embrace fitness and wellness. This unique area at the Holistic Health & Fitness Expo will feature engaging fitness workshops, exciting competitions, and educational sessions—all designed specifically for kids. Through a mix of fun activities and valuable health education, the Kids Fit Fun Zone will ignite kids' interest in healthy habits while encouraging parents to stay informed and involved. The Kids Fit Fun Zone will be set up in an enclosed outdoor area, featuring a 114' x 32' concrete patio, a 13' x 32' exterior stage, and a 109' x 66' grassy space.

KIDS WORKSHOP SPONSOR: \$400

Support educational and fun fitness workshops where children participate in fitness challenges and activities. Your brand will be recognized as the sponsor of key sessions.

- Prominent logo placement in the Kids Fit Fun Zone
- Opportunity to provide branded materials and prizes to participants
- Chance to lead or be featured in a mini-workshop
- Social media mentions

EXCLUSIVE TITLE SPONSOR: \$2,000

- 10'x20' booth space
- Logo visibility on event materials
- Mention in event-related communications
- Verbal recognition during specific sessions

HOW TO REGISTER

Complete the Exhibitor & Sponsor Registration Form at the link below. An email will be sent with invoice within 48 hours. If email is not received, please email us at: holistichealthfitnesssexpo@gmail.com.



**BOOTH SELECTION PRIORITY: BASED ON REGISTRATION DATE.
THE SOONER YOU REGISTER, THE HIGHER PRIORITY IN SELECTING YOUR
BOOTH LOCATION.**

STAY CONNECTED

Join us in raising awareness about health and
fitness among the city of Elk Grove!

#hhfexpo

Website: www.holistichealthfitnesssexpo.com

IG: [holistichealthfitnesssexpo](https://www.instagram.com/holistichealthfitnesssexpo)

FB: [holistichealthfitnesssexpo](https://www.facebook.com/holistichealthfitnesssexpo)

Email: holistichealthfitnesssexpo@gmail.com