

# Media Release

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## *Celebrating Three Years of Fitness in the Park*

Seattle, WA, June 29, 2023

Fitness in the Park, the revolutionary community fitness movement, is proud to celebrate its third anniversary. Coaches Jackson and Jana, the pioneers behind this initiative, have dedicated themselves to promoting health and well-being within South King County, making Fitness in the Park a resounding success.

Since its inception three years ago, Fitness in the Park has transformed how South King County views fitness and community engagement. Coaches Jackson and Jana have created a welcoming space where participants of all fitness levels can support one another, enjoy various workout routines, and achieve their fitness goals.

What sets Fitness in the Park apart is the inclusivity and diversity it brings to the fitness experience. These dedicated coaches have curated various workouts, including Strength & Balance, Zumba, and Circuit Training. This diversity keeps participants engaged and motivated, ensuring a dynamic and exciting fitness journey.

Amidst COVID-19, outdoor exercise has become more crucial. Fitness in the Park provides a safe and open-air environment, allowing participants to maintain social distancing while engaging in physical activity. Outdoor exercise has numerous benefits, including improved mental health, boosted immune function, and reduced stress levels.

In addition to the positive impact on physical and mental well-being, Fitness in the Park has prioritized fitness for aging adults. The coaches recognized the importance of regular exercise as we age, promoting strength, balance, and overall functional fitness. By offering tailored workouts and modifications for all ages and abilities, Fitness in the Park has become a valuable resource for aging adults looking to maintain an active and healthy lifestyle.

The coaches believe that fitness should be accessible to all. By eliminating barriers based on age, ability, or financial means, they have opened the doors to a healthier and happier lifestyle for many who may have previously felt excluded. Their vision has inspired others to start similar initiatives, spreading the fitness movement across King County.

Join us at 4 pm on Friday, June 30, 2022, at the West Bay Clubhouse in Kent as we celebrate Coaches Jackson and Jana for their unwavering commitment to building a healthier community.

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