



NEWS RELEASE

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Play for Fitness at the Public Library

(Nacogdoches, TX) – Join the Nacogdoches Public Library and Community RX Help on Saturday, July 21st, for Play for Fitness in the gymnasium from 12-4pm. Fun play and fitness activities will be provided for all ages by local organizations, who will also provide door prizes for participants. Demonstrations of various fitness activities will be scheduled throughout the day, inviting audience participation.

Community RX Help is a local non-profit that helps people with no prescription insurance get their needed medications at low or no cost. They are promoting this event to raise awareness and to encourage healthy activity in all ages.

Demonstrations of various fitness activities will be provided, with audience participation invited. Come try out some new ways to get fit and stay healthy.

Chair Yoga- 12 noon (for those who cannot get down to the floor)
Basic Aikido-Self-Defense Throws and Kata- 1:00 p.m. and 2:30 p.m.
Tai Chi – 2:00 p.m.

Other activities will include:

- Bicycle course and inspections
- Hula Hoops
- Jump rope
- Beach ball volley ball
- Personal fitness training
- Tons of activities for kids

Gold Sponsor for this event is NIBCO, a local company with a long history of investing in the health and welfare of the Nacogdoches community. We are grateful to our additional sponsors, Fitness 360, Commercial Bank of Texas, Texas Aikido, Wells Fargo, Wal-Mart and Nacogdoches Physical Excellence Center, for their commitment to a healthy community. Community RX Help, Texas AgriLife, Nacogdoches Memorial Hospital, Fitness 360, Newbies Fitness, The Bike Shop, GETCAP Head Start, Yoseikan Budo, and Texas Aikido will all be on hand with demonstrations and door prizes.

“Play for Fitness is for all ages and focuses on ways to stay fit with alternatives to boring conventional exercises,” says Crystal Hicks, assistant library director. “Community RX Help promotes a healthy lifestyle that incorporates games, dance, biking, and more.”

This event is free and open to all ages. No registration required. For more information, please call 936-559-2970 or visit www.ci.nacogdoches.tx.us/library. The library is on Facebook as NacogdochesPublicLibrary and on Instagram as nacpubliclibrary.