



MEDIA RELEASE

**City of Fontana
8353 Sierra Avenue**

Fontana, California 92335

**FOR MORE INFORMATION CONTACT:
Dede Benson, Community Services Coordinator
Telephone: (909) 349-6914
E-Mail: dbenson@fontana.org**

FOR IMMEDIATE RELEASE

Healthy Fontana November Activities

Fontana, California, October 26, 2011 – The Mayor and City Council invite residents to join the fitness and healthy cooking classes offered by Healthy Fontana.

This November, walk off the “turkey weight” with a Steps Along the Way walking Club. This club promotes the health benefits of walking. Join soon and receive a free starter kit that includes a membership card, Healthy Fontana t-shirt, pedometer, walking journal to track progress and a warm-up and cool-down handout.

Clubs run Monday through Thursday at the following locations:

- Southridge Park from 6:30 p.m. to 8:30 p.m.
- Miller Park from 6:30 p.m. to 8:30 p.m.
- The Heritage Center 6:30 p.m. to 8:30 p.m.
- The Jessie Turner Health & Fitness Center 6:30 p.m. to 8:30 p.m.
- There is also a senior walking club at the Fontana Community Senior Center on Monday and Wednesday from 8:30 a.m. to 9:00 a.m.

Healthy Fontana is also offering several healthy cooking classes this November. Join Healthy Fontana’s Chef for the Fast, Fresh & Fabulous cooking classes. Learn innovative ways to prepare healthier meals and snacks using fresh, healthy foods and learn about the importance of eating 5 to 9 fruits and vegetables per day. Classes are free and are offered on November 5 and 19 from 10 a.m. to 1 p.m. Classes will be held at the Shady Trails Parkhouse, 15800 South

Park Lane.

Children can cook too, so join the “Healthy Jr. Chef” cooking class for an interactive cooking class for children ages 8 to 14. Using hands-on experience the class teaches children how to cook and prepare healthy dishes and snacks. Class is on November 19, from 3 p.m. to 4 p.m. at the Shady Trails Parkhouse.

Bring your grandchildren, aged 8 to 14, and watch them flourish as they’re taught healthy recipes in the Watch and Learn Grandparents and Children's Cooking Class. This class offers a fun and interactive cooking class with hands-on experience. Classes are free and are from 4:30 p.m. to 5:30 p.m. on November 14, at the Fontana Community Senior Center, 16710 Ceres Ave.

To register for any Healthy Fontana class, please call the Healthy Fontana Hotline at (909) 350-6542. Pre-registration is required for many classes, sign up early because these classes fill up fast.

Healthy Fontana’s goal is to educate residents on how to live a healthy lifestyle that focuses on nutrition, active living, community involvement and smart growth. For more information, please call Healthy Fontana at (909) 350-6542 or visit healthyfontana.org.

###