



NEW YORK STATE SENATOR

Kevin S. Parker

## Senator Kevin Parker Holds “Let’s Get Fit” Health and Wellness Day

KEVIN S. PARKER August 14, 2013

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**(Brooklyn, NY)** In an effort to provide Brooklyn residents with the information and resources to get fit and stay healthy, Senator Kevin Parker held “Let’s Get Fit” Health And Wellness Day today at his district office at 1300 Flatbush Avenue.

“The goal of my summer event series was to help Brooklyn grow stronger in every way,” Senator Parker said. “Today’s Let’s Get Fit” Health And Wellness Day was about showing Brooklyn residents what they can do to increase their fitness, health, and wellbeing, which is particularly important given the upswing in child obesity and type II diabetes in our

community.”

The event included presentations and workshops including:

- Healthy Eating Programs
- Cooking Demonstrations
- Healthcare Enrollment
- Zumba & Yoga
- Senior, Adult and Children’s Fitness Demonstrations
- Gym Membership Enrollment

“Today’s event was not only fun, it also sent the important message to the children who took part that getting healthy is good for you and good fun,” Senator Parker concluded. “Nearly every person can get eat healthier and get more exercise, and the people who attended today’s event learned ways today to accomplish that at any age and on any budget. From knowing how to select and prepare healthier foods, to learning exercise routines that make achieving our goals fun, Brooklyn took another step today toward happier, more fit lifestyles.”

### **About Senator Kevin Parker**

Senator Kevin S. Parker is intimately familiar with the needs of his ethnically diverse community that consists of 311,000 constituents in Flatbush, East Flatbush, Midwood, Ditmas Park, Kensington, Windsor Terrace and Park Slope. He is the Ranking Member of the Senate Committees on Energy and Telecommunications and Alcoholism and Drug Abuse, former Majority Whip and Chair of the Democratic Task Force on New Americans.

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