

## 2018 Town/Chamber Health & Fitness Exposition—Sunday, March 11<sup>th</sup>, Rain or Shine

First Selectman Mike Tetreau and Fairfield Chamber of Commerce President Beverly Balaz have announced that the Town of Fairfield, in partnership with the Fairfield Chamber of Commerce, invites the public to attend a free Fairfield Health and Fitness Expo on Sunday, March 11, 2018, 11 a.m. to 4 p.m., rain or shine, at the beautiful, new state-of-the-art RecPlex at Fairfield University, 1073 North Benson Road.

This annual Expo brings together lectures, demos, plus a wide variety of exhibitors who will provide the most current information about health, fitness, wellness and medical issues to attendees both young and old, including Baby Boomers.

Director of Economic and Community Development Mark Barnhart stated, “This year, the Fairfield Health and Fitness Expo will have something for the entire family to enjoy.” Free, and open to the public, the Expo will feature special activities for kids. Of special note, is soundRunner’s Popsicle Stick Run Challenge. “This event is going to be so much fun for kids ages 5-12 years old,” noted Chamber President Beverly Balaz.

Details for the run include:

Kids will join for some fun on the track and see how fast they can get rid of their popsicle sticks! Each participant will run three laps totaling 480m (or 0.3 miles). After each lap, participants will hand a popsicle stick to a volunteer. When they run out of sticks, they will have one lap to go! (Popsicle sticks will be provided). Heats will be conducted every 15 minutes by age group. Kids ages 5 to 12 are welcome to participate. Each participant will receive a finisher certificate! Participants should check in at the entrance to the indoor track and allow some extra time for check in.

### Schedule of Events

Age	Heat 1	Heat 2	Heat 3
5-7	11:30am	12:15pm	1:00pm
8-10	11:45am	12:30pm	1:15pm
11-12	12:00pm	12:45pm	1:30pm

To participate in the Popsicle Stick Run Challenge, please register on Eventbrite at <http://bit.ly/PopsicleStickRun> or contact soundRunner directly for additional information at 203- 292-9466.

In addition to the Popsicle Stick Run Challenge, face painting, crafts and other activities will be provided by the Fairfield YMCA to keep young minds and bodies active.

There will also be an informative lecture series, covering a variety of topics:

Educational Lectures (45 minutes each) will include:

Track 1: Medical Updates

- 11:30 am Alzheimer’s: The Basics  
Shanon Jordan, Alzheimer’s Association CT Chapter
- 12:30 pm Healthy Aging-Tips for Successful Aging

- 1:30 pm Marie Allen, Southwestern CT Agency on Aging  
The Truth About Concussions  
Dr. Susanna Jalkut, Pediatric Healthcare Associates
- 2:30 pm Autism: Autism Speaks And You  
Jena Schneider, Autism Speaks

**Track 2: Preventative Health**

- 11:30 pm Recharge Your Health Through Meditation and Yoga Techniques  
Colleen Reilly, Yoga and Meditation Instructor
- 12:30 am How to Stay Young for the First 100 Years  
Dr. Richard Pinsky, Southport Chiropractic
- 1:30 pm Organic vs. Non-Organic  
Dr. Veronica Waks, ND
- 2:30 pm Help Your Child Become a Great Sleeper: A Five Step Guide  
Dr. Lynelle Schneeberg, CT Children's Sleep Center

**Exercise Classes are offered throughout the day:**

1:30, 12:30, 1:30 and 2:30: Spin classes: Offered by ZenRide throughout the event.  
Limit 20 participants per class. Wear comfortable workout wear and running shoes/sneakers.

11:45-12:45: **Zumba Gold®:** Active older adults enjoy the design of the class that introduces fun and easy to follow low Zumba® choreography that focuses on balance, range of motion and coordination. Instructor: Laura Dorr of Fairfield YMCA

11:45-12:45: **C.O.B.R.A. Self Defense:** Not just a collection of "cool moves", rather it is a complete system covering both the mental and physical aspects of self-defense with a unique emphasis on scenario training. Instructors: Kailen Pirro and Karina Gramesty of DOJO Fairfield

12:45-1:45: **HIIT High Intensity Interval Training:** This 45-minute HIIT workout combines metabolic conditioning, functional training and high intensity interval training into one non-stop experience. All fitness levels welcome. Instructor: Rachel Darden of F45 Training

12:45-1:45: **Balance & Flex Together:** \*Balance & Flex incorporates Yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey. All fitness levels welcome! Instructor: Jennifer McGowan of Fairfield YMCA  
\*Please bring a mat to this class.

1:45-2:45: **Pure Barre Class:** \*Pure Barre is the fastest, most effective, yet safest way to change your body. All fitness levels welcome! Instructor: Morgan of Pure Barre Fairfield and Westport.  
\*Please bring a mat to this class.

2:45-3:45: **Yoga For All:** This yoga class includes a centering, stretches, asanas (yoga postures) standing, sitting, and lying down, with explanations of how to come in and out of postures. There is attention to breathing and alignment of the body. Students generally feel inner peace,

relaxation, and a sense of renewal from this class. All Fitness levels welcome – Instruction by Yoga For Everybody.

First Selectman Mike Tetreau says, “The Town likes to promote and encourage wellness for people of all ages. This is a very active community with parks, bike paths and hiking trails, plus five beaches for swimming and boating. Residents and visitors alike will also find an abundance of exercise and fitness businesses in our town to meet the needs of everyone’s fitness preference. Let’s Get Healthy Fairfield!”

The public is encouraged to check the Fairfield Chamber of Commerce website and its Facebook Event Page for the most current exhibitor listings, lecture series, demos and activities since event information is updated daily. Volunteers are also needed.

For more information regarding this Expo, please contact [Krista@FairfieldCTChamber.com](mailto:Krista@FairfieldCTChamber.com) or (203-255-1011) or visit the Fairfield Chamber of Commerce website, [www.FairfieldCTChamber.com](http://www.FairfieldCTChamber.com).