

COMMUNITY INVITED TO GET FIT

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Photo provided Girls are shown at a previous years Good to Great Activate wellness feativel. This year's event is scheduled for Sept. 23. It features a free healthy meal, activity stations, free use of paddleboats and much more.

BELOIT - Everyone's invited to a healthy meal, a ride in the paddle boats, a swim in the Beloit Memorial High School pool and a workout in the fitness center - all for free. There will also be Jazzercise, obstacle courses, gymnastic challenges, tennis, and a number of other activities to encourage movement at the eighth annual Good to Great Activate Wellness Festival.

"It's going to be a blast," said Shawn Fredricks, the school district's safe schools healthy students grant manager.

The festival has more attractions than ever this year. There will be activity stations outside and other surprises along the way, including the chance to make a smoothie while pedaling a stationary bicycle.

The event will be held on Sept. 23 at Beloit Memorial High School (BMHS) from 11 a.m. - 3:30 p.m. The event starts at the high school field house entrance. It's hoped to attract more than 500 people.

"ARAMARK and the School District of Beloit are partnering with community agencies for a free one-day community and family wellness event," Fredricks said. "The Good to Great Activate Festival is about coming together as a community, engaging opportunities, and moving forward in healthy living."

Visitors will receive a "passport map" guiding them to all the many activities on site. People who want to use the pool are encouraged to bring swimsuits and towels.

With the event's theme being "Farm to Table," visitors will be able to enjoy a meal of chili (turkey and meatless). There also will be cornbread and assorted fruits and vegetables. Each participant will get a goodie bag at registration containing recipe cards.

It's a collaboration between the different community agencies, physical education department with the safe school healthy students people.

Area agencies will share information on healthy living at their booths, covering topics of nutrition, mental wellness, community engagement, area supports, and more.

Area agencies involved in the event include Beloit Parks and Leisure Services, the YMCA, Stateline Boys and Girls clubs, Rock County Health Department Youth2Youth 4 Change, Beloit Health System, Even Start Dancers, Latino Service Providers Coalition, NAMI-Rock County, Downtown Beloit Association, Community Action and Hope Counseling.

Fredricks said the event is an exciting example of the physical education health departments within the school district and other agencies pulling together to help the community.

It's also a great way for people to be together, have fun and learn about available resources.

The event will be held rain or shine.