

## Fit4Fun 2012 a lively success

Written by D. Helene Woods and Maria Moore  
Saturday, 22 September 2012 10:46

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NorthPoint Health & Wellness Center's first annual Fit4Fun event was a roaring success by any measure. In fact, neighbors came from blocks away just to see what all the commotion was about. Fit4Fun, which was initiated by NorthPoint employees as a means to help families easily integrate physical activity into their lives began with the notion of hosting a day of small demonstrations of hula hooping and jump roping. Such a great idea was embellished and enhanced until the full version emerged as a huge community event last Saturday, September 15th with over 700 people in attendance.



Kids and adults participated in an obstacle course, hip hop dancing, Zumba, double-dutch jump rope and much more. There were healthy eating and cooking demonstrations along with health screenings and access to community information. A one mile walk and bike ride took place, as well as a three mile run for the more serious athletes. The LWA in Motion Drill Team & TKO Drum Line kicked off the walkers and runners at the starting point and Jovanta Patton and the Deliverance for Youth Choir welcomed them home to the finish line. Area residents came out of their homes and cheered on the walkers and runners, many joining in with their families.

Throughout the day KMOJ provided entertainment and health professionals delivered health tips, while hundreds of people had a blast exercising and dancing. The day culminated with a raffle of new bikes for kids 16 and under, made possible through a donation from UnitedHealth

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Group.



While NorthPoint expects to make this an annual event, this first inaugural Fit4Fun honored Dr. John Williams, DDS, who passed away unexpectedly this year. Dr. Williams was committed to improving the health of North Minneapolis and it was a fitting memorial to dedicate the 2012 Fit4Fun to his legacy. Dr. Williams practiced dentistry in North Minneapolis for over 30 years in the same location on West Broadway. He was dedicated to the revitalization of the North Minneapolis community and used his business and community involvement as a catalyst for change. Dr. Williams was a founding member of NorthPoint's Community Board of Directors and is duly missed as evidenced by the many community members that signed a memorial banner that will be given to his family.



Stella Whitney-West, NorthPoint CEO stated "Fit 4 Fun will become NorthPoint's signature event that we will use to encourage North Minneapolis to take charge of their health and their community through adopting a lifestyle of physical activity and healthy eating. It is our vision that North Minneapolis becomes a healthier community where children and families engaged in physical activity is the norm. Thank you to all of our sponsors, volunteers and community

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residents that helped make this event a success. "