

Fit4Fun promotes health solutions: Our health is our business

Written by

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The second annual Fit4Fun event at NorthPoint Health & Wellness Center was held this past Saturday, (Sept. 14).

The free and open community event allowed residents to join NorthPoint staff and volunteers and participate in fun and easy ways to incorporate healthy living into their lives. Approximately 650 participants enjoyed a lively day of movement, good eating and health screenings.

The event began with a 3K and 5K walk/run along with a 3K bike ride. The Love Works Academy Best Drumline and Drill Team kicked off the runners and walkers with a drum and dance line exhibition. The race marshals this year were leaders from the Minnesota International Center visiting the United States to examine global women's health issues and learn best practices approaches. The race was a true community event as area residents came out of their homes to applaud the runners and walkers and encourage them on.



At the NorthPoint campus, participants were provided health screenings including checks on their blood pressure, glucose levels, body mass index (BMI) and dental screenings.

The Lowry Café offered three dishes that won the Fit4Fun recipe contest – a contest to demonstrate low cost, healthy and delicious dishes. Cooking demonstrations and nutrition information were widely available, and fresh fruits were in abundance.

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Adults and kids alike enjoyed some easy fitness activities such as hopscotch, an obstacle course, double-dutch jump rope, hoola-hooping and more. Participants were also fitted with bike helmets free of charge.



The event was hosted by singer J. Most and music was provided by KMOJ. Local experts gave beneficial health tips between the fun of Zumba, hip-hop dancing, hip-hop aerobics and line dancing. Sen. Bobby Joe Champion and NorthPoint CEO, Stella Whitney-West provided some health insights for the participants, and for the grand finale, brand new bikes with locks and helmets were raffled off to 36 youth participants and four adult participants.