



City of Everett
Office of the Mayor
Carlo DeMaria, Jr.
484 Broadway
EVERETT, MASSACHUSETTS 02149

PRESS RELEASE

Monday, August 14, 2017

MAYOR DEMARIA'S CLUB FIT KIDS' PROGRAM A SUCCESS WITH EVERETT'S YOUTH

Monday, August 21st will commence the final week of Mayor Carlo DeMaria's Club Fit Kids' program. The program, which has run for four weeks between the months of July and August, has been a huge success among Everett's youth and their families.

The Mayor has remained committed to bringing more health and wellness opportunities and education to Everett and its residents. The DeMaria administration developed the Club Fit Kids' program out of the Health and Wellness Center to promote a healthy and active lifestyle for the children of Everett. The curriculum includes indoor as well as outdoor fitness play along with daily nutritional segments.

Fitness games, play and challenges have nutritional lessons directly related to them, so children can better understand each lesson in a fun and creative way (Human Hungry Hungry Hippos, Sugar Tag, Dodge (The Sugar) Ball, and Through the Heart Obstacle Course)

Mayor DeMaria stated, "We wanted to teach kids how to incorporate healthy living into their daily lives. In this program, children learn, through games and interactive fitness activities, the importance of a healthy physical self and making the appropriate food choices to maintain that health."

In addition to learning the importance of proper nutrition, the children have also learned the fundamentals of basic exercise. They acquire ways to have fun, while also staying fit and how to easily incorporate physical activity into their everyday routine. The program participants are also introduced to some of the new parks available to them within the community as part of outdoor adventures.

The program provides the children each day with prepared, healthy meals from City Chef, Tina Souza. It was important for the Mayor to incorporate nutritionally balanced meals into the program. Chef Souza prepares meals everyday in the Connolly Center kitchen, using fresh and clean ingredients.

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