

*August 6, 2011*  
**TIME: 8AM - 5PM**



**"A DAY OF EXERCISE, HEALTH, AND FAMILY FUN!"**

**Where: St. Philip's School & Community Center**



**Insured Or Uninsured, The Choice For Affordable Healthcare!**



**"A DAY OF EXERCISE, HEALTH, AND FAMILY FUN!"**

## **FIT 4 THE KING DAY - PROGRAM DAY ELEMENTS:**

- Fit 4 The King Day will feature an aerobics class made up of teams from across the DFW area. Our goal is to have 500 people participating in the aerobics sessions. We will also have a children's area with an exercise or health program occurring at the same time as the adult classes. Total attendance during the day's event will be up to 1500.
- The MLK, Jr. Family Clinic's lead wellness instructor, Ms. Joetta, will conduct classes along with other special guests instructors.
- All participants who register will receive a gift bag with a T-shirt, healthy snack, water, and other items.
- The Fit 4 The King health guide will provide a resource of information to help families eat healthy and learn how to change their lifestyles. It will also have other health information, listing of non-profit and social organizations that could be a resource for families and individuals.
- Event opening ceremonies will include a message from CEO, Joyce Tapley, local dignitaries and celebrities. Other activities occurring throughout the day of the event include:
  - Police department sponsored Kid Safety ID program.
  - Free health screenings.
  - Vendor booths offering family friendly products, services, and healthy foods for sale.
  - Live entertainment.
  - Kids games (Potato sack races, Nintendo Wii, Jump rope, Hopscotch, Hula Hoop, and more).

## **WHY SUPPORT THIS EVENT?**

- You will become a part of the solution to the obesity epidemic in Texas.
- You will support our First Lady, Mrs. Obama, and her obesity initiative on a local level.
- It is a great way to encourage employees to get active and learn about the health benefits. This could be a kick-off to your own wellness initiative at your church, work, school or civic organization.
- This is an easy way to help The Martin Luther King, Jr. Family Clinic continue its mission of affordable healthcare services for families and individuals in the DFW area.
- It promotes healthy families and heightens the awareness of how obesity is changing how we live, work and the economic impact it has on the communities.



**Registration Form**  
**Fit 4 The King Day Teams**



**"A DAY OF EXERCISE, HEALTH, AND FAMILY FUN!"**

**Fit 4 The King Day**, August 6, 8AM - 5PM  
St. Philip's School & Community Center

**Organization:** \_\_\_\_\_

**Names of Team Member Below: (Please Print)**

- |          |           |
|----------|-----------|
| 1. _____ | 6. _____  |
| 2. _____ | 7. _____  |
| 3. _____ | 8. _____  |
| 4. _____ | 9. _____  |
| 5. _____ | 10. _____ |

**Team Contact Email:** \_\_\_\_\_

**Address:** \_\_\_\_\_

\_\_\_\_\_

**Registration fee includes a T-Shirt and Healthy Snack bag!**

**Number On Team:** \_\_\_\_\_ A team of 5 people or more will have a entry fee of \$10.00 each. Individual entries are \$15.00 each. **All EARLY registration must be received by July 16, 2011.** On Site Registration available also for an additional \$5.00 per person.

**Please complete the amount enclosed:** Entry Fee(s) Amount: \$ \_\_\_\_\_ (total)

**Please enclosed checks, money orders or credit card information:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Credit Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

3 digit authorization code: \_\_\_\_\_ Credit Card Name: (Circle) Visa or Mastercard

**Checks Or Money Orders Payable to: The Martin Luther King, Jr. Family Clinic**

**Mail Registration Form And Payment To:**

The MLK, Jr. Family Clinic, P O Box 150128, Dallas TX 75315-0128

Call 214-426-3645, ext. 165 or ext. 161 for questions.