



County of Fairfax, Virginia

NEWS RELEASE

FOR IMMEDIATE RELEASE
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“Get Fit Reston! Recharge Day at Reston Community Center”

RESTON, VA – Start the New Year off right by getting back in shape at the Get Fit Reston! Recharge Day at the Reston Community Center. Keep those resolutions while having fun with the whole family on Saturday, January 6, 2007 from 10:00 a.m.-1:00 p.m. at the Reston Community Center Hunters Woods. The GFR! Recharge Day is free and will include health screenings to help you to track your progress as well as special presentations on exercise, cooking demos, and fun family activities.

Get Fit Reston! is a community health initiative designed to help you optimize wellness opportunities and improve your overall quality of life. The 25-week program launched on September 9, 2006, but you can join at any time by attending one of the Get Fit Reston! Recharge Days or registering online at www.backfence.com and click on Get Fit Reston! Be sure to check out the online calendar for additional upcoming events.

Get Fit Reston! is a community collaboration by Reston Association, Reston Community Center, Reston Hospital Center and YMCA Fairfax County Reston.

Get Fit Reston! is also supported by the following community partners: Backfence.com, Body Quest Pilates, First Horizon, Greater Reston Chamber of Commerce, Reston Runners, Virginia Army National Guard, and Whole Foods Market Reston.

Reston Community Center Hunters Woods is located at 2310 Colts Neck Road, Reston VA 20191. For further information, please call 703-476-4500 X6162.

Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Reasonable accommodations will be provided upon request. For further information, contact the Reston Community Center at (703) 476-4500, Virginia Relay (800) 828-1120 (TTY) or visit the website at <http://www.restoncommunitycenter.com>. The Reston Community Center is located at 2310 Colts Neck Road, Reston, VA 20191. The Reston Community Center is completely accessible to persons with disabilities and will provide reasonable accommodations in accordance with the Americans with Disabilities Act (ADA).

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To request this information in an alternate format, call Esther Garcia, 703-476-4500.

Reston Community Center
2310 Colts Neck Road
Reston, Virginia 20191
www.fairfaxcounty.gov

