

# NEWS



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**FOR IMMEDIATE RELEASE**  
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## **FIT & FUN FAIR FEATURES FAMILY-FRIENDLY FESTIVITIES**

SUNNYVALE, Calif. – Celebrate wellness and bring the entire family to the 2012 City of Sunnyvale Fit & Fun Fair on May 5 at the Columbia Neighborhood Center, 785 Morse Ave. From entertainment to valuable health and wellness information, the City is teaming up with more than 60 local groups to showcase exciting demonstrations and offer family-friendly activities. Admission, including all games, health screenings and activities, is free. The fair begins at 11 a.m. and goes until 3 p.m. on the grounds of the newly expanded Columbia Neighborhood Center, but the family fun starts even earlier.

The day's events will kick off at 9 a.m. for the 2nd Annual 5K KIDS Fun Run & Walk at the Columbia Middle School Track, adjacent to the Columbia Neighborhood Center.

This will also be the final leg of the Vargas Elementary School Marathon Club, which will use the Fun Run & Walk to complete the distance of a full marathon for their students.

Each child participating in the Fun Run & Walk will receive an official event t-shirt, goodie bag and an official participant number. At 10:30 a.m., attendees can join the Columbia Neighborhood Center Grand Re-Opening Ribbon Cutting Ceremony followed by a tour of the newly expanded facilities.

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Starting at 11 a.m., children will be able to climb a rock wall, play in an obstacle course and even joust with the goal of getting them moving and dancing. Children will also be able to win prizes at games that teach them about the importance of wellness and community safety and watch special wellness-themed performances. There will also be a variety of Department of Public Safety vehicles including fire rigs, squad cars, and a rescue helicopter for kids to explore.

Free health and safety checkups will be featured, including bike safety tune-ups, dental resources and oral health checks for children. Adult health screenings, including diabetes, cholesterol, blood pressure, body mass index and vision testing will be provided by health service technicians.

Also at the event, Public Safety will be offering child safety seat checks for vehicles to ensure a safe and proper fit. Appointments are required for this check and can be made by calling (408) 730-7176. Information about child safety and injury prevention will also be offered.

For more information or to volunteer call Alicia Gonzales at (408) 523-8150, TDD (408) 730-7501, e-mail [agonzales@ci.sunnyvale.ca.us](mailto:agonzales@ci.sunnyvale.ca.us) or visit the Fit & Fun Fair website at [FitandFunFair.inSunnyvale.com](http://FitandFunFair.inSunnyvale.com).

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