

Go Figure! Family Fitness Challenge



Even though the weather was hot and humid, that didn't discourage the enthusiasm of the participants or the volunteers to make the 1st Annual Family Fitness Challenge an enormous success on Saturday, June 17th, 2006 at Sunnidale Park.

The Family Fitness Challenge is an obstacle-type course with individual and age-appropriate stations that promoted family fitness in a fun and relaxed environment. Raising awareness of childhood obesity and promoting fitness through family activities. There were great gifts and prizes that were won. Each family went away with something cool and informative.

"It is seeing the smiles and excitement of the children that makes any event a success. By the smiles today I would say the Family Fitness Challenge was a humongous success," stated Nancy Cook, President of Go Figure!

"Our daughters had the best time with you and your staff. They were talking about the great time they had as they were showing off some of the challenges you asked them to do. And, they couldn't wait to get to the paperwork and information packages you gave them. Kylie and Rayna were so excited that they were writing on the menu planner the minute we got in the door - it was so cute!!" explained Wendy Degagne.

This event was a Fit for Heart tribute which promoted awareness within the community regarding Heart and Stroke initiatives across Simcoe County.

Special thanks to Lynn Stanchan, Barrie City Councillor, the volunteers and local businesses donating their time and services.

Join Go Figure! as they are hosting a Be Active Barrie Event on September 10, 2006 from 2-5pm at Sunnidale Park.



photos contributed by Rowell Photography and Nancy Cook

