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PALM BEACH COUNTY JOINS STEP UP FLORIDA CAMPAIGN

PALM BEACH COUNTY, FL— The fourth annual Step up Florida Day in Palm Beach County, which encourages physical activities for good health, will take place Friday, February 23 with events in Palm Beach Gardens, Lantana and Belle Glade.

From 7:00 AM to 8:00 AM in the Palm Beach Gardens recreation center, 4400 Burns Road participants will be able to start their day with Latin dancing lead by Orlando Bernal. Dancing is a fun way to get a cardio workout and burn a few calories at the same time. Palm Beach Gardens also issued a Proclamation claiming the 23rd as Step up Day.

At 8:00 AM people will gather at Mace Park next to Gove Elementary, 900 SE Ave G, Belle Glade, to participate in a brisk morning walk through the park to get their system up and running for the day. The first 50 walkers will receive a prize for their participation. Other activities will take place along the way.

Lantana's Royal Palm School, 6650 Lawrence Road will be the site of the Rock & Roll-A-Thon from 10:00 AM to 12:00 noon. Listen to the music, dance and rock those calories away while having a fun time.

Palm Beach County Health Department Director Dr. Jean Malecki said, "This is our way to remind people that physical activity is an excellent method for achieving better health."

Malecki also mentioned that Step Up is taking place in all 67 Florida Counties and that this helps exemplify that there are many ways people can remain physically fit.

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