

Tuesday, May 22, 2018

OU gets active at Pontiac's Fit Fest on June 2

Come get moving at the Pontiac Fit Fest, which takes place from 11 a.m.-2 p.m. on Saturday, June 2 in Beaudette (Mill Dam) Park. The park is located at 786 Orchard Lake Rd, Pontiac, Michigan, 48341.

The all-ages event features a bike giveaway, bike safety demos, free bike helmets and locks, and a host of family-friendly activities. Pontiac's new Adult Fitness Station or "Fit Park", will also be featured with live fitness demos. The Fit Park is free to use and a great place to make Pontiac your gym.

"The new Fit Park is part of our vision to help Pontiac get more active and improve health using our local parks," said Jennifer Lucarelli, associate professor of interdisciplinary health sciences at Oakland University and chairperson for the Healthy Pontiac, We Can! coalition.

The Fit Park at Beaudette park and supporting campaign materials are made possible in part by the Centers for Disease Control and Prevention's Racial and Ethnic Approaches to Community Health (REACH) grant. Awarded to Oakland University on behalf of the Oakland County Health Division's Healthy Pontiac, We Can! coalition, the grant aims to reduce chronic disease and make healthy living easier and more affordable in Pontiac.

In addition, the Fit Park is supported in partnership with the City of Pontiac, St. Joseph Mercy Oakland and Bruce Dudek at Jack Golden & Associates. Additional REACH efforts include an assessment of local sidewalks, a Complete Streets plan, new bike racks, and a new, nearly mile-long bike lane to promote physical activity for all community members.

"I am passionate about helping the community, because more kids are becoming unhealthy with diabetes and obesity. I also believe that donating a bike is more than a donation; it's a pedal away from becoming healthier," said Max Maine, CEO and Owner of Max Out Fitness in Downtown Pontiac, one of the fitness demo instructors, who is rallying the community to donate bikes for a bike giveaway at the event.

Pontiac Fit Fest is the result of community partnerships, including the Oakland County Health Division, City of Pontiac, Oakland County She PAL, Healthy Pontiac, We Can! and MaxOut Fitness, recognizing the importance of creating safe spaces and opportunities for residents to get active in Pontiac. Bike safety equipment available at the Pontiac Fit Fest has been funded by the Oakland County Health Division through a Michigan Department of Health & Human Services (MDHHS) 4x4 Wellness grant.

For more information, visit the Healthy Pontiac, We Can! website: <https://www.healthypontiac.org>.

About Healthy Pontiac, We Can!

The Oakland County Health Division, under leadership of L. Brooks Patterson, formed the Healthy Pontiac, We Can! coalition in 2011 to help Pontiac residents gain access to healthy food, become active, and live tobacco-free. The coalition includes a diverse group of primary and preventative healthcare professionals, mental health experts, human service agency specialists, educators, clergy, government leaders and residents.



The Pontiac Fit Fest, an all-ages event, takes place from 11 a.m.-2 p.m. on Saturday June 2 in Beaudette (Mill Dam) Park.