

# Annapolis Fit Families Has Healthy Workshops on Tap



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Well, here we are just a couple of weeks into a new year and already my resolutions are falling by the wayside as fast as football coaches around here.

To help you keep some of those important health-related promises you made just a few Mondays ago, the Annapolis Recreation and Parks Department is teaming up with some other area health professionals to create Annapolis Fit Families.

Annapolis Fit Families is holding two workshops in the next couple of weeks to help families learn and live a healthy lifestyle.

"Annapolis Fit Families is an opportunity to empower parents and their children by offering practical suggestions to address some common bad health habits that many Americans have adopted," said Carol Forsyth, a nurse practitioner with The Pediatric Group. "Poor nutrition and lack of exercise are putting our kids at risk for life-threatening and expensive health conditions like type-2 diabetes, bone-and-joint problems, depression, high blood pressure and high cholesterol levels."

There is a workshop entitled "Family Fuel" from 6:30 to 8 p.m. Wednesday. Parents will learn how to incorporate good nutrition into their family's everyday menu. Nutritionists from Anne Arundel Medical Center and the county Department of Health will share tips on how to make healthy eating both fun and tasty. Bring the whole family. There will be a Fit Kids workshop conducted by Quest Sports Science going on at the same time.

On Jan. 23, **Dr. Will Maxted of Cardiology Associates** will open the workshop with information on preventing cardiovascular disease. Healthcare and physical activity experts will give families a "physical activity makeover," including a discussion about barriers families face in getting adequate physical activity.

Families will learn about the importance of physical activity and be encouraged to find practical ways to incorporate more activity into their schedules. Once again, the evening will include a Fit Kids workshop conducted by Quest Sports Science.

Both workshops are being held at the Annapolis Recreation Center at 9 St. Mary's St. and both are free. Whole Foods gift certificates and free recreation programs will be raffled off at each workshop.

For more information or to register, visit [www.annapolis.gov/recreation](http://www.annapolis.gov/recreation) or call 410-263-7958; or contact Ellen Flaherty at Anne Arundel Medical Center at 443 481-5363 or [eflaherty@aahs.org](mailto:eflaherty@aahs.org); or Jennifer Bistrack at Annapolis Recreation and Parks at [jbistrack@annapolis.gov](mailto:jbistrack@annapolis.gov) or 410-263-7958.

Annapolis Fit Family is a joint effort of the Annapolis Recreation and Parks Department, the Anne Arundel Medical Center, The Pediatric Group and the Anne Arundel County Health Department.

[http://www.hometownannapolis.com/cgi-bin/read/2008/01\\_14-11/PRI](http://www.hometownannapolis.com/cgi-bin/read/2008/01_14-11/PRI)

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