

GET HEALTHY

“Step Up, Florida!” promotes active, healthy lifestyle

Local events reflect statewide campaign



Every Saturday in February, the Lee County Health Department hosts events throughout the county promoting physical activity and healthy lifestyles for Floridians of all ages and abilities. This is the fifth year the event will showcase the variety of local opportunities Lee County offers for physical activity.

“Our events are geared to highlight different types of dance and martial arts, so people can become acquainted with activities that they can become excited about and continue for a long time to come,” says Wendy Wilderman, Event Coordinator. Lee County’s events will include:

“Step Up Florida” movin’ in the park 2008

Scheduled dates and free activities for Step Up Florida:

- **Saturday, Feb. 9**
Estero Recreation Center
9200 Corkscrew Palms Blvd., Estero
9 a.m. Tai Chi
10 a.m. Dance Routines

- 11 a.m. Hip Hop
12 p.m. Karate
1 p.m. Zumba
2 p.m. Gentle Yoga
Nordic Pole Walking and Dance Dance Revolution.

- **Saturday, Feb. 16**
Lakes Regional Park
7330 Gladiolus Drive, Fort Myers
*Must pay for parking. \$1 an hour or \$5 all day)
9 a.m. Zumba
10 a.m. Irish Step YMCA
11 a.m. Tai Kwon Do
12 p.m. Clogging
1 p.m. Line Dancing
2 p.m. Hip Hop
3 p.m. Gentle Yoga
Kayak Lessons, DDR
Moms Get Fit Stroller Fitness
Nordic Pole Walking & more

- **Saturday, Feb. 23**
Cape Coral Library
921 S.W. 39th Terrace, Cape Coral
10 a.m. Chair Dancing
11 a.m. Line Dancing
12 p.m. Modern Dance
1 p.m. Group Power
1:30 p.m. Irish Step YMCA
2 p.m. Belly Dancing
Pet CPR, Dance Dance Revolution ■

Beach 5K set



Get out your running shoes. The Fort Myers Beach Chamber of Commerce is planning their 23rd Annual 5K Shrimp Festival Race. Sanctioned by the Fort Myers Track Club, the Chamber Race will begin at 9:30 a.m., March 8 with a shotgun start.

Each year approximately 300 runners take to Estero Boulevard in front of Key Estero Plaza for the race. They follow the Boulevard to Crescent Street, go under the Bridge to Old San Carlos Boulevard out to Times Square and cross over the Matanzas Pass Bridge to Main Street. The

race takes them under the Bridge again around the Fishermen’s Wharf and back up to Main Street to cross the bridge back onto Estero Island. The Track Club will have a finish line setup at the Key Estero Plaza to time each runner. All this before the Parade starts at 10 a.m. Refreshments will be provided after the race for the runners.

If you are interested in participating, you will be directed to registration online at www.fmbchamber.com, stop in or call the Chamber office at 454-7500. ■

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Heal.



It’s all around us. The need to pull together to ensure the strength and stability of healthcare in our community.

Save a friend. A neighbor. Your sister. Or a child two streets over you’ve never met, but who always smiles and waves when he rides by on his bicycle.

LEE MEMORIAL
HEALTH SYSTEM
FOUNDATION

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www.leememorial.org/foundation

Our growing population has created an incredible need. Giving to healthcare is one of the most powerful ways you can help your community.

Your gift to Lee Memorial Health System Foundation goes directly to help provide treatments and services to those who are suffering, right here in our area.

To help save a life or return joy to one, call 239-985-3550.