Community Wellness Day Proposal

Submitted by Your Name, The Right Fit

Introduction

This proposal discusses plans to organize a Community Wellness Day on Saturday, May 20, 2016. Three local businesses The Right Fit, Pacific Sight Pilates, and The Real You Dance Studio, will participate in Community Wellness Day, along with students in the Health and Wellness program at Mason County College in San Diego. The purpose of Community Wellness Day is to celebrate fitness and to encourage all members of the community to develop a strategy for keeping fit and staying healthy. As Lucy Ortega, best-selling author of The Lucy Ortega Fitness Book, states, “As fitness professionals, helping others to get fit and stay fit is not just our passion; it is our responsibility.”

This proposal provides information on the following: local business involvement, Comunity Wellness Day Schedule, and Awards Ceremony.

Free Training Sessions from Local Businesses

Three local business have committed to offering free training sessions on Community Wellness Day. Their goal is to raise awareness of the programs they offer and inspire our citizens to lead more active and healthy lifestyles.

## The Right Fit

Founded in 2008 by Francis Weeder, The Right Fit has earned a solid reputation for promoting a wide range of fitness activities and events in the community. In 2010, The Right Fit sponsored a 5K run to raise funds for various health charitable causes and has since become an annual event attracting thousands of runners. For Community Wellness Day, The Right Fit will offer two free classes, open its gym and wieght room to the public for tours, and conduct free fitness evaluations throughout the day.

## Pacific Sight Pilates

Under the ownership of Aurora Parker, Pacific Sight Pilates is a 9,000 square foot studio that offers eighteen Pilates classes every week. On Community Wellness Day, Pacific Sight Pilates will offer classes aimed at beginners.

## The Real You Dance Studio

As one of San Diego’s oldest dance training centers, The Real You Dance Studio was established in the 1950s and is still going strong today. The studio’s mandate has expanded to include all dance levels in its state-of-the-art studio. On Community Wellness Day, The Real You will provide free beginning dance lessons.

Community Wellness Day Schedule

Free sessions at the three fitness venues will be held throughout the day, and the 5K Run will begin at 10:00 at Lincoln Middle School. The Healthy Food Fest kicks off at noon and features healthy cuisine from local restaurants. The schedule, included below, is organized so that everyone can attend at least one class at each of the three venues. Students in the Health and Wellness program at Mason County College will assist staff at all events.

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| Time | Event/Session | Location |
| 10:00 – 12:00 | 5K Run | Lincoln Middle School |
| 11:00 – 12:00 | Cross Training for Beginners | The Right Fit |
| 2:00 – 3:00 | Low Impact Aerobics | The Right Fit |
| 2:00 – 3:00 | Yoga for Beginners | Pacific Sight Pilates |
| 2:00 – 3:00 | Beginning Ballroom Dancing | The Real You Dance Studio |
| 3:00 – 4:00 | Beginning Pilates | Pacific Sight Pilates |
| 3:00 – 4:00 | Beginning Tap Dance | The Real You Dance Studio |

Awards Ceremony

The Community Wellness Day culminates in an awards ceremony for students in the Health and Wellness program at Mason County College. This ceremony will honor outstanding students in the program and will showcase their contributions to the Community Wellness Day events.