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FOR IMMEDIATE RELEASE

Zimmer Children's Museum Partners with *Let's Move!* Initiative and Children's Hospital LA for Family Health Day on January 8th

Los Angeles, CA – On Sunday, January 8th from 12:30 – 5:00pm, the Zimmer Children's Museum will host its first ever Family Health Day, a fun-filled day of family health, nutrition, and fitness. Program activities will include: a presentation on household safety and baby seat safety from Children's Hospital of Los Angeles' Injury and Trauma Prevention Unit; a workshop on health and nutrition by Certified Personal Trainer and Health Fitness Specialist of T.O.T. Fitness (<http://totfitness.com/>), Farrah Zweig; and an obstacle course work out routine with physical education instructor, Coach Corey.

Family Health Day is part of Michelle Obama's National Initiative to End Childhood Obesity within a Generation (<http://www.letsmove.gov/>). "*Let's Move!* is a comprehensive initiative, launched by the First Lady, dedicated to solving the problem of obesity within a generation, so that children born today will grow up healthier and able to pursue their dreams." It is based on five pillars: Creating a healthy start for children, empowering parents and caregivers, providing healthy food in schools, improving access to healthy, affordable foods, and increasing physical activity.

"This day will provide families with opportunities to learn about the importance of being healthy in many ways," says the Zimmer's Education Programs Manager, Belinda Vong. "Families will learn simple activities they can do with their children to keep their entire family healthy and safe... and in a fun and interactive way! Though we are only offering this program one day a year, we hope that families will consider health, fitness, nutrition, wellness, and safety throughout the entire year." So bring your whole family in to learn about healthy food options, the importance of active play, and more! Being fit never felt so good!

About the Zimmer Children's Museum

The **Zimmer Children's Museum** is a nonprofit cultural institution located on Museum Row in Los Angeles, featuring hands-on exhibits for children ages 0-8 to explore BIG IDEAS in creative and inspiring settings. The Zimmer is also the only museum dedicated specifically to kids and families in Los Angeles.

The **Zimmer Children's Museum** is dedicated to teaching people about the BIG IDEAS of global citizenship, community responsibility, and cultural sensitivity. Our mission is to promote values that help make a better society through interactive learning, creative self-expression and art experiences for children. For more details about the museum and its programs and events, please visit <http://www.zimmermuseum.org>.

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