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Junior League Event Taught More Than 1,000 San Diego Children and Parents about Health & Fitness through Hands-On Activities, Sports Stations and Cooking Demonstrations

SAN DIEGO, CA – March 8, 2008 –The Junior League of San Diego (JLSD) hosted a free event today for San Diego families demonstrating that healthy living can be quick, simple and does not have to cost a lot of money. *Kids in the Kitchen*, an annual one-day health and fitness fair, is designed to get children and their parents excited about leading a healthy lifestyle through interactive, hands-on activities, was held today at the Toby Wells YMCA.

More than 1,000 people attended *Kids in the Kitchen*. This was JLSD's third annual event, but the first time the event was open to the public.

Junior League volunteers and guest speakers hosted interactive learning booths which covered a variety of health-related topics, such as reading a nutrition label, healthy snack alternatives, and the importance of wearing sunscreen and drinking water.

Local chefs such as Kevin Roberts, a.k.a. "The Food Dude," lead hands-on cooking demonstrations to show families how quick and easy healthy cooking can be – and let visitors taste the delicious outcome! Toby Wells YMCA fitness experts got kids moving with soccer, gymnastics, dance and yoga stations.

"*Kids in the Kitchen* was the perfect event for the whole family to learn new healthy tips that they can easily apply to their everyday lifestyle," said Margaret Egler, JLSD President. "The Junior League focuses our volunteer efforts on promoting children's health and nutrition through education. We want to help San Diego families to make healthy eating and physical activity a lifetime habit, and *Kids in the Kitchen* was an excellent step in that direction."

Kids in the Kitchen is part of an international initiative through the Association of Junior Leagues International (AJLI). JLSD is just one of 225 Junior Leagues in four countries



(U.S.A, Canada, Mexico and the United Kingdom) that participate in the *Kids in the Kitchen* program. Visit www.jlsd.org for more information.

About The Junior League of San Diego

The Junior League of San Diego's 1,200 plus members research and develop community programs in the San Diego County through service projects, collaborations, training and advocacy. Each year its members contribute over 60,000 volunteer hours and raise more than \$100,000 to support outreach programs and community assistance grants. For over 79 years, the Junior League of San Diego has been recognized as a powerful force for change and an organization committed to addressing critical unmet needs in San Diego. In recognition of its outstanding contributions to the San Diego community, the Junior League of San Diego was honored as the 2006 "Philanthropy of the Year" by the Association of Fundraising Professionals. Visit www.jlsd.org for more information.

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