



Louie's Kids Announces Family Fitness Program Ahead of the Reindeer Run
An 8-week exercise and nutritional strategy to prepare for the annual 5K run/walk

[CHARLESTON, SOUTH CAROLINA, October 5 2021] After nearly a year and a half of no programming, Louie's Kids, a non-profit dedicated to helping Lowcountry families stay healthy, is pleased to announce an 8-week bi-weekly training program to prepare adults and their children to participate in the widely celebrated 30th Annual Reindeer Run/Walk presented by Half Moon Outfitters.

Alongside a team of dedicated volunteers, the group will be instructed by local fitness instructors and a behavioral counselor, and take place Mondays and Wednesdays from 6:30-7:30 PM at Mount Pleasant's Waterfront Park.

"To be able to give these families the opportunity to bond together over health and fitness ahead of the holiday season is truly a gift," continues Yuhasz. "We do this for the betterment of our community and the next generation."

The program will include a mix of running and full-body strength training by several guest instructors, as well as nutritional education, including how to shop for, and prepare more healthy meals at home. In addition to the fitness and nutrition programming, race entry and a Louie's Kids t-shirt will also be provided.

"A lot of our families have never worked out together, let alone thought about their food choices. We are pleased to provide an interactive and fun environment to teach them these lifelong skills, as they work towards the goal of participating in a 5K," says Louis Yuhasz, Founder of Louie's Kids.

The program is set to begin Monday, October 18th and culminate at the Reindeer Run on December 11th. Each family of four is \$50, plus \$10 per additional child. Proof of vaccination pending age will be required to attend. You can find more information, including the release form for participation by visiting www.louieskids.org/reindeer. All proceeds from the training will go to Louie's Kids, a national nonprofit helping families and communities live a healthier, more productive lifestyle.

About Louie's Kids

Louie's Kids is the nation's oldest organization devoted to helping families lose weight, get off the couch and start taking care of their lives. Pediatric and adolescent obesity plagues one in four American kids today. For 20 years, Louie's Kids has provided well over 1,000 children and families with a new opportunity to jump start their health.

General Questions:
info@louieskids.com

Media Contact:
Maddy Spellerberg
maddy@madelineconsulting.com
(760) 845-0097