



Crystal City Fit Fair July 22nd, 2010

Crystal City hosted its first Fit Fair on July 22nd. The fair featured a nutritionist, dermaview facial screening, a nutritionist, body composition analysis, and information on tobacco cessation from Inova Fairfax. Pacers Running Store provided gait analysis. Sport & Health Club had class demos, as well as movement analysis. Visitors could get free massages from Body Rays, and spinal alignment checks from Crystal City Chiropractic. Hundreds of people braved the hot weather to learn how to be fitter and healthier.

In addition to the information tents, Inova's Bloodmobile was present to take blood donations. The response from the community was great, and the fair filled all 40 of the available slots. All donors received a free Crystal City banner bag to thank them for participating.

The Crystal City Fit Fair was part of a larger Fit Week. Fit Week featured free outdoor yoga on Monday, the Farmers' Market on Tuesday, free outdoor Zumba on Wednesday, the Fit Fair of Thursday, Revolution Cycles Hub Spin on Friday, and finished with the 3rd Annual Crystal City Twilighter 5K on Saturday. The diversity of events gave everyone an opportunity to participate, and showed that Crystal City is the place to get active, get outside, and get fit.

