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NEWS -- For Immediate Release

Nation's Largest Women's Health & Fitness Event Next Wednesday, September 28th -- *15th Annual National Women's Health & Fitness Day*

400+ Events Across the Country on the
Same Day

2016 Event Theme: "Activity: A Smart Choice!"

Next Wednesday September 28, more than 50,000 women of all ages will participate at 400+ local events as part of activities celebrating the 15th Annual *National Women's Health & Fitness Day*-- the nation's largest women's health and wellness event. For more event information, please visit fitnessday.com. For a pdf copy of this year's *Women's Health & Fitness Day Fact Sheet*, [click here](#).

Local groups planning National Women's Health & Fitness Day events on Wednesday 9/28 include Ys and health clubs, park and recreation districts,

hospitals and health systems, colleges and universities, health plans, local women's organizations, retirement communities and senior centers, and many more. *Activities at these local events include exercise demonstrations, fitness presentations, health fairs, and health screenings.*

Organizations that wish to host a National Women's Health & Fitness Day event must register in order to legally use the event name and logo, which are official trademarks. The 2016 event registration fee is \$29.95 per location (plus shipping). The fee includes the license to legally use the event name and logo, as well as access to the official program website with all of the materials and resources needed to plan and host a successful Women's Health & Fitness Day event on Wednesday, September 28th.

National and state event sponsors include the *National Recreation and Park Association, Humana, the Health Information Resource Center, and American Custom Publishing.*

The 2016 National Women's Health & Fitness Day Event Theme: "*Activity: A Smart Choice!*"

A contest is held every year to select a theme for the upcoming National Women's Health & Fitness Day event. The contest is open to women ages 18+. The winner receives a \$250 prize and sees her winning theme on official event promotion items-- T-shirts, balloons, posters, pens, and more.

This year's National Women's Health & Fitness Day Theme Contest winner is Jody Ryczek of Gurnee, Illinois. Jodi's winning theme was selected from among hundreds of entries.

She is a certified fitness instructor with more than 20 years experience. Jodi currently teaches classes at a local hospital health and fitness center and park district.

Information on the 2017 National Women's Health & Fitness Day Theme Contest will be available next spring.

For more information about National Women's Health & Fitness Day, including participation and sponsorship options, contact the Health Information Resource Center (HIRC), organizer of the event at: info@fitnessday.com

Interested in Older Adult Health & Wellness?

Visit the website of our annual senior health event, the nation's largest, always held the last Wednesday in May as part of *Older Americans Month* and *Physical Fitness and Sports Month activities*:

**24th Annual National Senior Health & Fitness Day --
Wednesday, May 31, 2017.
fitnessday.com**

Next May, more than 1,000 local organizations will host local senior health and wellness events at more than 1,000 locations across the country on the same day.

[Click here](#) for a copy of the 2017 Senior Health & Fitness Day Event Fact Sheet

Follow National Women's Health & Fitness Day on

Pat Henze (left)
event exec. dir.
presenting Jodi
Ryczek with her
certificate and cash
award

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About Us

The *Health Information Resource Center (HIRC)*, organizer of *National Women's Health & Fitness Day*, is a national information clearinghouse for professionals who work in consumer health markets. In addition to **National Women's Health & Fitness Day®**, other well-known HIRC programs include the **National Health Information Awards** and the **Digital Health Awards** competitions.

Phone: 1-800-828-8225 | e-mail: info@fitnessday.com

Health Information Resource Center

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