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FitOne Healthy Living Expo Engages, Motivates, Educates and Inspires a Healthier Community
2-Day FitOne Expo offers balance between fun, education and steps to a healthier life

BOISE – September 15, 2014 – The FitOne 5K, 10K, Half Marathon and 2-Day Expo are a call to action to come together, set personal goals and help set Boise and our surrounding communities on the path to being the healthiest place to live. Run or walk through the heart of Boise; and come to the FitOne Expo, an experiential and educational window into how healthy living can be fun. Entry to the [FitOne Expo](#) is free and open to the public.

“Your health is the foundation you build your life on,” said Kristin Armstrong, 2x Olympic Gold Medalist and Executive Director of Community Health for St. Luke’s Sports Medicine. “Through FitOne, we want to help people better understand their own health and how each of us can take preventive and ongoing measures to build a strong foundation for ourselves and those around us.”

The 2-day FitOne Expo will be open Thursday, September 18 from 4 p.m. to 9 p.m., and Friday, September 19 from 9 a.m. to 8 p.m. at the Boise Centre. Promoting healthy choices among all ages is paramount to the mission of FitOne, and the Expo provides a broad representation of local activities, information and interactive opportunities emphasizing the importance to eat better, move more and be happy for lifelong health.

From healthy cooking demos with Jennifer McClelland of [BeDeliciouslyHealthy.com](#), 30-minute activity classes like ballroom dancing and parent and kids yoga with Boise Parks & Recreation; to BodyFlow and Zumba with Axiom Fitness and more, visitors will come away with new good-for-you ideas. Special guest Sally Sampson, Founder of [ChopChop Magazine](#) will be on-hand making healthy snacks with the kids and signing copies of her cookbook *ChopChop: The Kids Guide to Cooking Real Food with Your Family*, available at the [High Five Children’s Health Collaborative](#) booth within the Expo.

New additions to the FitOne Expo this year also include a 24-foot belay-assisted rock climbing wall, football toss and hoop shoot with the Idaho Army National Guard, a FitOne Kids ClubHouse with fun activities for the kids and a special appearance by One Stone students and their Fruit & Veggie Dance! This original dance and sing along is the brainchild of One Stone students who created it to get kids motivated to eat their fruit and veggies. Super catchy, totally bouncy, and led by Treasure Valley high school students dressed as ginormous veggies, you won’t want to miss it.

All registered participants in the 5K, 10K and Half Marathon will have access to “**Know Your Numbers**”, a series of free health screenings offered by St. Luke’s and SelectHealth.

Participants can build their own schedule for the Expo, view course maps and race details on the new [FitOne Event Guide mobile app](#), available for free in your app store or [viewable on a desktop](#).

Online registration is open at [FitOneBoise.org](#) through Wednesday, September 17 at midnight. Details and a complete listing of FitOne Expo exhibitors and the Expo Activity schedule may be found online at [FitOneBoise.org](#). On-site registration will be available at the FitOne Expo during Expo hours.

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About FitOne

Produced and sponsored by St. Luke’s Health System, Idaho’s only community owned Health System, the FitOne 5K Family Run, Walk & Stroll, 10K and Half Marathon takes place September 18-20, 2014 in Boise, Idaho. The title beneficiary for the event is St. Luke’s Children’s Hospital. FitOne is like a picture postcard of Boise. All three courses take runners and walkers from the steps of the State Capitol in the heart of the city, along historic avenues and the Boise River, and finish in Ann Morrison Park. The 2-day FitOne Expo offers activities, entertainment, education and free health screenings to all registered participants, and is free and open to the public. Key sponsors include KTVB, Idaho Dairy Council, KeyBank, SelectHealth, Townsquare Media, Idaho Statesman and Healthy Idaho Magazine. To learn more and to register or volunteer, please visit [FitOneBoise.org](#) or call 208.381.2221. To learn more about St. Luke’s Health System, visit [StLukesOnline.org](#).