



National Institutes of Health
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FOR IMMEDIATE RELEASE

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**National Institutes of Health
Holds Premier Health and Fitness Expo,
“Share the Health,”
Saturday, April 24, 2004**

- What:** *Share the Health: NIH's Premier Health and Fitness Expo*
The National Institutes of Health (NIH) wants you to catch the Health and Fitness craze! Bring your family and friends to our fifth annual FREE health and fitness exposition, *Share the Health*. Attend interactive health seminars led by NIH scientists; participate in exciting science activities for the whole family; try your luck in the 2004 NIH Healthy Games—NIH's own version of the summer Olympics; collect a wealth of free health information, giveaways and prizes; participate in physical fitness activities and sports clinics; attend parenting workshops; explore a crime scene and become an NIH scientist for the day during mini-lab sessions; get your blood pressure checked; surf health-based Web sites; tour rescue vehicles; and enjoy many more fun health- and fitness-based activities.
- When:** **Saturday, April 24, 2004**
10 a.m. to 3:30 p.m.
- Where:** Montgomery Blair High School*, 51 University Blvd., East, Silver Spring, MD
- Who:** The NIH Office of Community Liaison is sponsoring this FREE event. Meet **Holly Heart**, the heart-healthy robotic spokesperson of the Sister to Sister: Everyone Has A Heart Foundation, Inc.
- Why:** Obesity is on the rise, particularly among children and teens. Scientists at the NIH, the nation's premier biomedical research institute, want to reverse this trend by helping us find easy and fun ways to improve our fitness and maintain good health. *Share the Health* is an outgrowth of this effort. By reaching out to the community, *Share the Health* allows people of all ages to learn, experience and discover new ways to maintain or improve their overall health and level of fitness in fun and interactive ways. It's a great way to involve the whole family.
- Contact:** For more information, call Jill George at Palladian Partners at 301-650-8660 (TTY users should call the Federal Relay Service at 1-800-877-8339), send an e-mail to sharethehealth@palladianpartners.com or visit our Web site at <http://sharethehealth.od.nih.gov>.

**Individuals who require reasonable accommodations to participate in this event, should contact Terry LaMotte via one of the methods listed above no later than April 1, 2004.*

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