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Stephanie Rawlings-Blake, President

BALTIMORE



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City Council President Stephanie Rawlings-Blake Welcomes Fitness Guru Richard Simmons to Baltimore

*Council President invites Baltimore to join her and Richard Simmons for a
Big Baltimore Workout at the 2007 Kids Being Healthy Expo*

Baltimore, MD (April 9, 2007) – Baltimore City Council President Stephanie Rawlings-Blake will welcome renowned fitness guru Richard Simmons to the 2007 Kids Being Healthy Expo in May at the Baltimore Convention Center. The Expo is a grassroots approach to combating childhood obesity. All attendees will leave with good ideas on how to get kids to make better food choices and adopt a healthier, more active lifestyle. President Rawlings-Blake will welcome Simmons to the Expo's closing session on Saturday, May 12 at 1:30 pm. There, she will participate in a Big Baltimore Work Out, inviting all Baltimoreans to attend.

"Health and fitness is a value that can not be undersold to our young people, and as a mother, I am proud to be a part of this exciting event," noted Rawlings-Blake, who has recently shed nearly 30 pounds through healthy eating and exercise. "Richard Simmons is sure to bring his trademark energy, and I welcome everyone to share in this special day."

"It's all over the news. Everyone wants to know why America's kids are overweight and out of shape," said fitness guru Richard Simmons. "I can answer that in one sentence: Kids don't get enough exercise!" Simmons will lead exercise class for all in attendance, and speak on how to start getting fit.

The Council President has arranged for all Baltimore City Employees to be eligible for the early bird discount registration fee of \$29. The rate, which normally runs until March 15, will extend until May 10 for all Baltimore City Employees.

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