



#### Campaign Contact

Whitney Morris – Reed • *Healthy Hinesville Coordinator*  
City of Hinesville

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# The Activity B(Log)

## What to expect from Healthy Hinesville

Health and wellness is a hot topic in today's society – from what are the best foods to eat or the best workouts to try, to how to lose weight fast and the best gyms to hit up in your area. It can all get a bit...noisy.

Healthy Hinesville is here to help cut down on some of the noise to give you some insight into what some of our favorite methods of staying healthy are and to give you a play-by-play when we try something new.

Not only that, we are going to give you an insider view with some of the best local gyms, fitness studios, classes and health and wellness resources in the Hinesville area – because getting healthy is hard. And sometimes staying healthy is even harder.

Luckily, one of the three points of our campaign is hosting various special events and activities for the community. Our event calendar year lasts from May 1 – April 30. Over the course of the next year, we will host several events and programs to help Hinesville citizens get healthier and try new methods of fitness. Who knows? Maybe you'll find your next favorite workout routine!

Check out our calendar as is stands below:

- **Saturday, June 8: Yoga in the Park** beginning at 8 a.m. at the James Brown Park Pavilion. This event is free and open to the public.
- **Thursday, June 20: World's Largest Swimming Lesson**, held in partnership with the Liberty County / Armed Services YMCA and Liberty County Recreation Department, will feature free swimming lessons for local residents at various times throughout the day at the YMCA and LCRD facilities. Registration for this event will begin on Monday, May 20 and space is limited. Email Whitney Morris – Reed at [wmorrisreed@cityofhinesville.org](mailto:wmorrisreed@cityofhinesville.org) with questions.
- **Saturday, June 22: Going Nowhere Fast Triathlon**, held in partnership with the Liberty County Armed Services YMCA as a part of their annual giving campaign. Participants will register for waves staggered every 30 minutes beginning at 8 a.m. The race will be held onsite at the YMCA. The cost to participate is \$30 (with a t-shirt guaranteed) if registering before June 8 and \$40 (t-shirt **not** guaranteed) if registering from June 9 – 15. Registration will be online only on the YMCA's [website](#). Details will be published on Monday, May 20.
- **Saturday, September 28: Zumbathon**, held in partnership with the Liberty County



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Recreation Department. This 80s – themed event features 90 minutes of non-stop dancing fun led by local instructors, along with a costume contest – complete with prizes! Come dressed in your favorite 80s gear and enter our costume contest at 8:45 a.m. Dancing will be from 9 – 10:30 a.m. Details at [cityofhinesville.org](http://cityofhinesville.org).

- **Saturday, October 5: Monster Mash Dash 5k and Fun Run**, held as a fundraising event for the Mayor’s Christmas Motorcade. This event will be held in downtown Hinesville at 8 a.m. Participants are encouraged to come dressed in their best Halloween – themed costume; because once the races are over we will announce the Best Dressed Runners (1<sup>st</sup> – 3<sup>rd</sup> place). The 1-mile Fun Run will begin at 7 a.m. and the 5k will begin at 8 a.m. Details for this event and registration will be published on Friday, July 5.
- **Saturday, February 15, 2020: Zumbathon**, held in partnership with the Liberty County Armed Services YMCA. Join us for our second Zumbathon in honor of Cardiac Rehab Week 2020! This time, we’re going to the red carpet and doing a movie theme! This event features 90 minutes of non-stop dancing fun led by local instructors, along with a costume contest – complete with prizes! Come dressed as your favorite movie character and enter our costume contest at 8:45 a.m. Dancing will be from 9 – 10:30 a.m. Details at [cityofhinesville.org](http://cityofhinesville.org).

Have an idea for a Healthy Hinesville event? Email our coordinator, Whitney Morris – Reed, at [wmorrisreed@cityofhinesville.org](mailto:wmorrisreed@cityofhinesville.org) and let us know what you like to do to get healthier!

Want to stay up-to-date on all the Healthy Hinesville happenings and get tips, tricks and more for your newfound health and wellness journey? Follow us on social media!

Facebook: [/HealthyHinesville](https://www.facebook.com/HealthyHinesville)

Instagram: [@healthyhinesville](https://www.instagram.com/healthyhinesville)

Twitter: [@healthyhines](https://twitter.com/healthyhines)

Interested in becoming a sponsor for Healthy Hinesville? Contact Whitney Morris – Reed at [wmorrisreed@cityofhinesville.org](mailto:wmorrisreed@cityofhinesville.org) or 912.408.3569.

Healthy Hinesville is a program created by the City of Hinesville and proud to partner with the Liberty County / Armed Services YMCA and the Liberty County Recreation Department for this endeavor. To learn more about the Liberty County / Armed Services YMCA, visit their website at [ymcaofcoastalgeorgia.org](http://ymcaofcoastalgeorgia.org). To learn more about the Liberty County Recreation Department visit their website at [lcrd2.homestead.com](http://lcrd2.homestead.com). To learn more about Healthy Hinesville, visit [cityofhinesville.org](http://cityofhinesville.org).



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**ABOUT WHITNEY:**

Whitney Morris – Reed comes to us from Auburn, Alabama (and originally from Huntsville, Ala). While in Auburn, she worked for the City of Auburn and headed up their Active Auburn health and wellness campaign. Her favorite way to work out is swimming, as she joined the swim team when she was nine and the sport carried her all the way through college at King University in Bristol, TN. She also enjoys doing all the things she tells her trainer she won't. During the first year of Healthy Hinesville, Whitney is most excited about the opportunity to show people there are many different ways to get healthy – including sharing some of her favorites.