



FOR IMMEDIATE RELEASE

Fit Kids Fest Promotes Healthy Living for Kids and Teens: A Free Event for Families

SAVANNAH, Georgia | February 9, 2025 --- Fit Kids Fest, an exciting and FREE event dedicated to encouraging a healthy lifestyle among kids and teens, will take place on Saturday, February 15th at Savannah Children’s Museum from 1PM to 4PM. The festival promises a fun-filled day of activities and healthy living tips for children and families in our community.

Organized by the Junior League of Savannah and Coastal Heritage Society, the 13th Annual Fit Kids Fest aims to inspire youth to embrace physical fitness, nutrition, and overall wellness in a vibrant, supportive environment. The event, dedicated to building fit minds, fit bodies, and fit kids, is about creating lasting habits and fostering a positive relationship with health and fitness.

“The Junior League of Savannah is proud to host Fit Kids Fest, an annual fun and engaging event that empowers children and families to make healthier choices.” says Ansley Howze, President of Junior League of Savannah. “Through interactive activities, education, and community partnerships, we’re helping to build a healthier future for Savannah’s youth. We believe that small steps toward wellness today can lead to lifelong healthy habits, and we’re thrilled to bring the community together and partner with the Coastal Heritage society to present this year’s event!”

Fit Kids Fest is open to children and teens of all ages and their families, and features a variety of engaging activities, raffles, and local vendors. The event is completely free of charge, and there is no pre-registration required. Attendees are encouraged to bring their friends and family for a day of healthy fun and community building.

For more information about Fit Kids Fest, please visit the [Facebook event](#).

For more information on the Junior League of Savannah and their community impact, visit savannah.jl.org, and follow them on [Facebook](#) or Instagram (@jrleaguesav).

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