



PRESS RELEASE:

‘Toddler Town’ Set to Debut at AdventurePlex, Jan. 16

New zone created specifically for kids ages 0-5 includes healthy play, farm-to-table nutrition, classes, special activities and birthday parties; grand opening and family expo slated for Jan. 16 at 9 a.m.

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REDONDO BEACH, Calif. (December 18, 2015) – On Jan. 16, 2016, farm-to-table fun – designed just for the toddling ones – will debut at AdventurePlex, Beach Cities Health District’s 17,000-square-foot kids fitness and health facility in Manhattan Beach.

Officially dubbed “Toddler Town,” AdventurePlex’s newest healthy play zone includes an interactive toddler-sized farm, market and beach home – each specially crafted to help introduce kids (ages 0-5) to the organic farm-to-table nutrition cycle through imaginative play. Additionally, a wide variety of parent-child classes, monthly physician/dietitian lectures on trending health topics, birthday party packages, nutrition lessons and more will be offered, beginning Saturday, Jan. 16.

“We know that healthy habits learned at a young age can last a lifetime,” said Susan Burden, Beach Cities Health District CEO, “so it’s vitally important to introduce toddlers to physical activity and proper nutrition in a fun, dynamic environment that nurtures early childhood development. We created Toddler Town to be the local hub of healthy education and social interaction for toddlers and parents alike, and we look forward to helping more families play their way to good health at AdventurePlex.”

Burden added that much of Toddler Town’s design, key concepts and programming are modeled after BCHD’s evidence-based LiveWell Kids and LiveWell Tots in-school nutrition programs – which have been integral to successfully lowering the childhood obesity rate in Redondo Beach elementary schools from 20 percent in 2007 to just 9 percent today.

Toddler Town, which is open strictly to children five and younger, includes the following programming and play opportunities:

- Fun, healthy play in the interactive farm, grocery store and beach home areas of Toddler Town
- Age-specific classes ranging from parent-tot yoga and stroller fitness to toddler movement and music
- Monthly lectures and workshops led by physicians and dietitians on trending children’s health and nutrition topics
- Special activities each week, including puppet shows, costume play and more
- Birthday party packages designed specifically for toddler-aged kids

BCHD and AdventurePlex, annually voted “Best Kids’ Play Facility in the South Bay by *Easy Reader*, will be hosting a special expo for families to mark the official grand opening of Toddler Town on Saturday, Jan. 16, 2016 at 9 a.m. at AdventurePlex in Manhattan Beach. From 9 a.m. to 1 p.m. on Jan. 16, families can enjoy free access to Toddler Town, free class demos, a Q&A with a registered dietitian



as well as a host of additional activities and healthy food samples. All members of the public are invited to attend.

Toddler Town membership packages can be purchased through AdventurePlex by calling (310) 546-7708. Visit adventureplex.org for complete details.

About Beach Cities Health District

Beach Cities Health District (BCHD) is among the largest preventive health agencies in the nation and has served the communities of Hermosa Beach, Manhattan Beach and Redondo Beach since 1955. As a public agency, it offers an extensive range of dynamic health and wellness programs, with innovative services and facilities to promote health and prevent diseases in every lifespan. BCHD operates AdventurePlex, a health and fitness facility where kids play their way to good health, and the Center for Health & Fitness, a comprehensive, medically based fitness center. Visit www.bchd.org or call (310) 374-3426 for more information.

About AdventurePlex

A Beach Cities Health District program, AdventurePlex is an award-winning health and fitness center created expressly for youth. Through programs and activities such as a rock wall and ropes course, camps, a five-level play facility, active classes, toddler programming, a sports court and more, AdventurePlex helps children to develop self-esteem and learn healthy habits through heart-pounding fun. Visit www.adventureplex.org for complete details.

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