

*For Immediate Release*

# **NEWS RELEASE**

***Attention: General Assignment, Health, Nutrition, Wellness Editors and Reporters***

**Let's Make Ottawa the Healthiest City in Canada! Ottawa Be Fit Team Challenge – registration now open**

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Ottawa, October 21, 2013 – Let's Make Ottawa the Healthiest City in Canada! This is no easy feat but Dr. Nathalie Beauchamp wants to make it happen. For eight years Beauchamp has been hosting the popular Ottawa Health and Wellness Expo and this year is adding the Ottawa Be Fit Team Challenge to the event.

"I love fitness and the Ottawa Health and Wellness Expo will be launching its very own team fitness challenge at this year's Expo, January 11, 2014," says Beauchamp. This team challenge will test just how tough and fit you are through a series of body weight and cardio exercises that are sure to get your heart pumping and muscles burning! Each team member will be timed as they complete this sequence of exercises and individual times will be added together to make up the overall team time. The best overall team time wins!

More about the Ottawa Be Fit Team Challenge:

- There are two categories for participation: Be Fit and Be Fit Elite. Each team must consist of 6 members with a minimum of 2 female team members. All team members must be in the same age category: Under 40 or Over 40. Teams can be comprised of: friends, family, co-workers, sports teams, or peers from any other group or organization.
- Cost for team registration is \$150 (\$25/participant, must have 6 members)
- Upon completion of the Be Fit Team Challenge, each participant will receive a 2014 Be Fit Team Challenge t-shirt and medal.
- The winning team in each category earns bragging rights and will have their team name inscribed on the Be Fit Team Challenge or Be Fit Elite Team Challenge trophy as applicable.
- Top individual times will be recognized in the following categories: Top Female Under 40, Top Male Under 40, Top Female Over 40, and Top Male Over 40.
- The challenge will consist of body weight and cardio exercises like burpees, push-ups and jumping jacks. The exercises will be performed in front of judges to ensure proper form and to validate number of repetitions completed. Most of the exercises will be provided to teams upon registration and a few will only be revealed and demonstrated on Challenge Day. Teams should come prepared for anything!

After the holidays we encourage everyone to come and take a breath of fresh air with us at Ottawa's largest and most exciting Health and Wellness Expo on January 11, 2014 from 9am – 4pm. The Health and Wellness Expo fosters 95 of the top health and wellness vendors and this year Ottawa is getting ramped up for its 7<sup>th</sup> year. At your disposal there will be a variety of expert speakers on health, wellness & lifestyle related topics, live demonstrations, fitness fashion shows and a paradigm shifting movies.

**Event highlights at the Ottawa Health and Wellness Expo include:**

- Free Wellness Bag for first 500 guests
- Health and Wellness experts, speakers, live demonstrations and samples
- Admission includes free movie screenings
- Sponsored by GoodLife Fitness and Kardish Foods

**About the Ottawa Health and Wellness Expo**

Dr. Nathalie Beauchamp, owner of Beauchamp Chiropractic and founder of the Health and Wellness Expo saw that her patients and many Ottawa citizens were in desperate need of the resources and knowledge to staying healthy. Donations this year will also be made to the Goodlife Fitness Foundation and The Ottawa Food Bank.

For only \$8 entry with tickets only from Orleans Wellness Expo this year we urge the community to come out “Be Fit - Eat Right - Think Well - Go Green”; not only to lead healthier lifestyles but also, *“So people can learn firsthand from these local resources how to take better care of themselves, their community and their planet.”* – Dr. Nathalie Beauchamp

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Images available.

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