



Baobab Wellness Host First Family Fit Brunch

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BAOBAB WELLNESS HOSTS FIRST FAMILY FIT BRUNCH EVENT

BROOKLYN, May 12, 2014 – With initiatives like Let’s Move and Eat Well Play Hard, healthier living for children and families is gradually becoming a way of life. The team for online health portal Baobab Wellness is looking to bring some of those healthy solutions to Brooklyn families at the Family Fit Brunch (<http://www.familyfitbrunch.com/>) on June 14, 2014, 11 a.m.-1 p.m., at Decatur Middle School, 272 MacDonough Street, in Bedford-Stuyvesant, Brooklyn.

“It’s hard having a career, two kids and other obligations that sometimes force me to skip my workout, and I realized if this made me feel miserable, it was probably true for other parents,” said Krishna R. Davenport, Baobab Wellness founder.

While childhood obesity seems to be trending downward, there has been a significant increase in type-2 diabetes in adults and children. Davenport wanted to create an event that would showcase ideas of how to turn healthy eating and physical activity into a family affair.

“I wanted to make working out with your family fun – like a party,” Davenport said. “In New York, there are day parties that focus on alcohol and largely unhealthy meals. I wanted to use the same foundation, but with a focus on healthy living.”

Family Fit Brunch will feature Parkour training, Bootcamp Express, yoga, Socacize, Zumba, running, healthy cooking demonstrations, spiritual life coaching, as well as Reiki energy and massage therapy.

“Working out and eating healthy doesn't have to be awful. Family Fit Brunch will help families grow their bond while teaching them how to make smarter choices about food, and be introduced to new forms of exercise.”

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About Baobab Wellness

Baobab Wellness, an online health portal, has expanded its scope to include nutritional and physical fitness education for families. Parents and children alike benefit from learning how to prepare healthier meals, budgeting for wholesome foods, nutrition and fitness as a family. For more information:

www.baobabwellness.org or www.familyfitbrunch.com

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