

## ABOUT US



The Middle Georgia Fitness and Wellness Festival (MGWFF) is a grass-root effort of partners working together for healthy changes in our community.

MGWFF will be the first festival of its kind in the region focusing solely on health and fitness. All events for this year 's festival will be held in Macon, Georgia but future festival's activities will have additional regional locations.

## SCHEDULE

### Friday November 14, 2014

#### Kickoff Lunch and Health Panel

**Time:** 12:00 noon to 1:30 pm

Location: Marriott City Center

**The Guinness World Record  
Oldest Female Body Builder**

#### Ms. Ernestine Shepherd



RSVP by November 1, 2014. Free event but you must preregister- the opportunity to donate will be available . (suggested donation \$10)

### Friday November 14, 2014

#### Fitness Competition Preliminary

\$25 registration until November 1, 2014 after that date, the price will change to \$35. Last day to register will be November 7, 2014 (Must be at least 18 to participate).

**Time:** 6:00 pm to 8:00 pm (continued on next panel)

Location: Historic Douglass Theatre, Macon, GA

Categories: Hottest Mom, Hottest Dad, Best Beach Body, Best Gym Body, Best Body over 50, The Complete Package (overall) (male and female) Free event to spectators but limited tickets... Reserve online: [midgafitnessfestival.weebly.com](http://midgafitnessfestival.weebly.com)



**Celebrity Emcee– Mark Ballard**

### Saturday November 15, 2014

#### Fitness in the Park

**Time:** 9:00 am to 12:00 noon

Location: Tattnall Square Park

*Bad weather location: Macon Centreplex*



Registration RSVPs online: (Free if you bring your own table setup. After October 15 cost is \$50 with own setup. Table setup \$100.00. Event is free to the public! Kids zone, demonstrations, exhibitors and more.

8:00 am to 9:00 am	Registration
8:45 am – 9:00 am	Warmup / Water Station
9:00 am – 9:10 am	Festival Welcome
9:15 am – 9:45 am	Exercise Zones 1
10:00 am – 10:20 am	Fit Award – Biggest Loser <b>Special Guest Julie Hadden</b>
10:30 am – 11:00 am	Exercise Zones 2
11:15 am – 11:45 am	Fitness Competition Winner Announcement
11:45 am – 12 noon	Festival Giveaways / Sponsor Appreciation

**If exercising bring a yoga mat and/or towel**

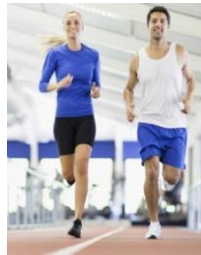
### Saturday November 15, 2014

#### BGR Reception/ Networking

**Time:** 6:00 pm to 8:00 pm

Location: Ruth Hartley Mosley Center

Refreshments and networking Plus, enter for a chance to win a pair of running shoes!!



Must RSVP by Nov 10. Sponsors, partners and elected officials are invited. Free event to invitees.

### Sunday November 16, 2014

#### Running for Ronald 5.10K and Smile Mile

Location: Tattnall Square Park

**Time:** Check-ins opens at 1:30 pm

Race 3:00 pm / Smile Mile 4:00 pm

For information and to register:

<http://www.racerpal.com/races/RunningForRonald.html>



### Sunday November 16, 2014

#### Church outreach – Healthy Spirit/ Health Body



MGWFF partnering with local churches to have wellness theme sermons/talks/ discussions

## ACTION DAYS

**Monday 17<sup>th</sup> – Guest Pass Monday**  
**Tuesday 18<sup>th</sup> – DIG IN Tuesday**  
**Wednesday 19<sup>th</sup> – Weigh In Wednesday**

**ONCE YOU START, YOU ARE  
ALREADY HALF WAY THERE!!!  
SEE YOU AT THE FESTIVAL!!**



**Volunteer and sponsorship opportunities available.** Details and registration are available online at [www.midgafitnessfestival.weebly.com](http://www.midgafitnessfestival.weebly.com)

Book your hotel room today with our official festival hotel.

<http://www.marriott.com/hotels/travel/mcnfs-macon-marriott-city-center/>



**240 Coliseum Drive, Macon, GA 31217**

Special thanks to our sponsors, exhibitors, planning committee members and volunteers.

## CONTACT US



Ms. Charise Stephens

Founder and Program Director

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Mr, Mirage McCrae

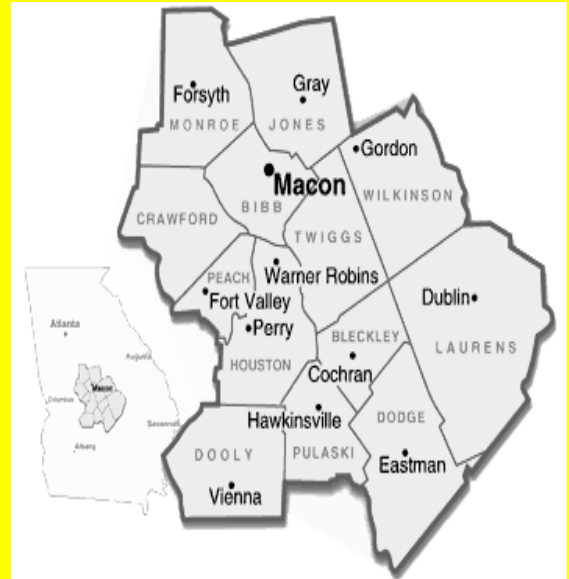
Co-Founder and Fitness Expert

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FIT TV, FIT RADIO/BLOG, and FIT AWARDS

PLACE  
STAMP  
HERE

# 1<sup>ST</sup> ANNUAL MIDDLE GEORGIA WELLNESS AND FITNESS FESTIVAL



**2014 Festival Theme  
The 5 Fs  
Fitness, Focus, Food,  
Family and Faith**

**NOVEMBER 14-16, 2014**

**YOU ONLY LIVE ONCE (YOLO) SO LIVE  
HEALTHY!!!!**