

New hockey program set to take centre ice for men`s health

(Penticton, BC – February 12, 2020) – The City of Penticton’s Recreation department, in partnership with the Penticton Vees and Western University, are running an exciting men’s health study focusing on healthy lifestyle changes called Hockey Fans in Training (Hockey FIT).

“We are very excited to be partnering with the Penticton Vees and Western University on this initiative,” says Recreation Business Supervisor, Kelsey Johnson. “Vees fans are so supportive of the team and this program is an opportunity that will connect fans through their passion in a program where they can support one another while they make healthy changes in their lifestyles.”

Hockey FIT is a free, three month, off-ice, healthy lifestyle program for middle-aged male hockey fans who are overweight or obese. Participants will learn how to eat better and get active while having the opportunity to socialize with other fans working towards the same healthy lifestyle goals. Participants also have the opportunity to go behind the scenes at the arena and meet some of the players and coaching staff.

For more information about this program and to register, visit www.hockeyfansintraining.org.

-30-

Contacts:

Kelsey Johnson
Recreation Business Supervisor
City of Penticton
250-490-2441

Milena Marshall
Marketing & Communications Specialist
City of Penticton
250-490-2445