

Health_and_fitness_management.edited.docx

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Health and Fitness Management

Name

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Course

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Date

Health and Fitness Management

My event idea is a family field day. It is essentially a day devoted to games and fun outdoors to promote fitness and health while still having fun. Even adults benefit from active playing for stress reduction and creativity, and field days are ideal. My main target would be families. Therefore, I would encourage parents to bring their children. I will set up outside activities such as cone races, jump rope, relays, and other activities at a nearby park or school football field and have rewards for completing challenges successfully.

This event is classified under community events because it appeals to a specific geographic location and is smaller. Community events are primarily held to provide communal, fun, and entertaining value to the resident community. Generally, they target a native audience, although they might draw guests from far beyond the area, giving some profitable, societal, and cultural rewards.

The primary purpose of this event would be to provide families with a chance to foster camaraderie and celebrate excellent communal culture through physical exercise and effective instructional competition. Similarly, my goal would be to fill the day with new experiences, some healthy and pleasant competition, a lot of team building, and possibly fill the environment with a lot of laughter as families participate in the event. I would ensure that the family field day activities are not the usual outdoor activities. All these activities will be aimed at promoting fitness and health.

The event would be about getting active without the hassle, especially for adults because children are naturally active. Adults may not have to be reminded that exercising is suitable for their well-being, and being told that going to the gym might be challenging at times. So, why not

shake things up for a day and make your training more enjoyable? Exercising might seem like a hassle when one is using similar equipment or running the exact distances daily. However, with diversions like sacks races, extensive obstacle courses, and tug of war, they probably would not even notice they are breaking a sweat and burning calories since they will be far too busy having fun. The event will also be about fostering new friendships. A little friendly competition is a great way to make new friends or even strengthen old ones. Regardless of whether adults come alone or with their families, everybody will be out to have a wonderful time and meet new people. Therefore, people who will sign up for this event will be seeking solid fun and exercise simultaneously, so they should be open to going out and meeting some new acquaintances.

Lastly, this event will be about getting a feel for social sports. Family field day is an excellent way of testing the waters and determining whether social activities are something one would like to participate in if they have never done so before. If an individual participating in a family field day for the first time wants it, they should consider joining a social sports league that would allow them to exercise. They may integrate fun into their weekly routine by choosing from several sports all through.

The event will take place at Local Park because this would be ideal for the activities such as relays, tug of war, and obstacle courses, among others performed during this event. The event will occur so that low-maintenance activities will be set up and completed before all the guests arrive and until the official field day activities start. This strategy will allow for the most physical activities to be conducted when everyone is present. Also, during the exercises, children will be adequately hydrated to avoid any form of fatigue or health incidences.

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