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Total Fitness Fair Aims for Healthier ‘Bodies and Bank Accounts’ in Ward 7

WASHINGTON, DC – On Saturday, April 9th Capital Area Asset Builders hosted the “CAAB Total Fitness Fair” at Benning Road Library in Ward 7. Special guest Councilwoman Yvette Alexander joined over 70 participants who came to taste, play and learn how to be more fit, financially and physically.

The fair featured free credit counseling by CAAB, tax preparation by the DC Earned Income Tax Credit Campaign, healthy quesadillas by Capital Area Food Bank, HIV testing and a Wii Fit challenge from Planned Parenthood of Metropolitan Washington’s Ophelia Egypt Program Center, as well as information on health and finances from local area partners.

The fair was held in association with the free tax preparation efforts of the DC Earned Income Tax Credit Campaign, which operates a site at the Ophelia Egypt Program Center in the same shopping center as the library. “This was our first year holding the Total Fitness Fair and we’re thrilled that so many people came out to improve their health and take a step forward towards financial fitness,” said Adam Perry, DC EITC Campaign Manager. “CAAB is working year round to help people take charge of their money, through our free tax prep campaign as well as money management classes and matched savings program.”

Ward 7 Councilmember Yvette Alexander chatted with participants and even tried her hand at the Wii Fit challenge. “Ward 7 needs programs like this to help our residents have healthy bodies and bank accounts. I started ‘Let’s Get Fit and Healthy Ward 7’ to help our community take positive steps towards healthier lifestyles, and I fully support the work these organizations are doing to help make that a reality,” she said.

Organizations at the fair included Calvert Investments; Capital Area Asset Builders; Capital Area Food Bank; Citibank; Department of Insurance, Securities and Banking; Planned Parenthood of Metropolitan Washington’s Ophelia Egypt Program Center; and Summit Health Institute for Research and Education (SHIRE).

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Capital Area Asset Builders (www.caab.org) is a nonprofit 501(c)(3) organization that puts people on the road to financial independence. Our programs help low- and moderate-income individuals and families improve their money management skills, increase their savings, and build wealth by investing wisely. CAAB’s goal is to create a community that provides everyone with incentives and opportunities to save for the future.