



KTVT/KTXA Television
Dallas, Texas 75231

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Fort Worth, Texas 76103

FOR IMMEDIATE RELEASE

CBS 11 & TXA 21 PRESENT FREE “GET HEALTHY TEXAS DAY”
Second Annual Event for Families Saturday, Jan. 21 in Frisco

Dallas/Fort Worth – North Texas families can enjoy free sports and fitness activities and get free health screenings at CBS 11 and TXA 21’s second annual Get Healthy Texas Day, Jan. 21 from 9 a.m. to 2 p.m. at FieldhouseUSA in Frisco.

Adults and children will have the opportunity to play basketball, soccer, volleyball, baseball, dodgeball, and tennis (specifically for kids under age 10), in addition to martial arts, tumbling and more. Members of the CBS 11 and TXA 21 on-air team will join in on a variety of these activities, as well.

“Get Healthy Texas is all about providing our viewers with both the information they need to live healthier lives as well as fun opportunities to get out and get active,” said CBS 11/TXA 21 President and General Manager Gary Schneider. “We want people to see for themselves that getting healthy is not just something we talk about on television, it’s something we live every day – and we want them to join us!”

Baylor Health Care System will provide a variety of free health screenings at Get Healthy Texas Day. In addition, there will be special appearances by team mascots including FC Dallas (“Hooper”), the Texas Rangers (“Captain”), and the Texas Tornado (“Ike”).

Prior to the free events at FieldhouseUSA, runners of all ages are encouraged to participate in the Get Healthy Texas 5K or one mile fun run. Early registration (until Jan. 15) for the timed 5K is available for \$15 and the one mile for \$10 at www.gethealthytexas.tv. Proceeds benefit Dallas Athletes Charities.

Get Healthy Texas Day partners include FieldhouseUSA, the City of Frisco, Baylor Health Care System, Subway, Dallas Athletes Racing, and CBS RADIO’s 100.3 Jack FM and 98.7 KLUV.

More information is available online at www.gethealthytexas.tv.

About FieldhouseUSA

FieldhouseUSA is a League and Event based facility that caters to the Frisco and area residents in league play. Indoor league sports are offered year round and consist of basketball, soccer, volleyball, flag football and futsal. FieldhouseUSA also offers programs for: Athletes Performance, all-sports camps, baseball/softball, birthday parties, boot camps, club volleyball, corporate events, dodgeball, lock-ins, performance training, skills training,



taekwondo, and tumble and stunt. While FieldhouseUSA offers the best league play facility it also hosts an event and tournament series. This series generates millions of sales tax dollars annually and has a major economic impact for the City of Frisco. FieldhouseUSA is geared for both the recreational and competitive athletes and offers a variety of sporting activities where everyone has a place to play and create an EXPERIENCE and memories for a lifetime! FieldhouseUSA is located at 6155 Sports Village Rd., Frisco, TX 75033 www.fieldhouseusa.com

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