



CITY OF MANHATTAN BEACH

1400 Highland Avenue, Manhattan Beach, CA 90266

BRUCE MOE, CITY MANAGER

www.citymb.info • (310) 802-5053

PRESS RELEASE

FOR IMMEDIATE RELEASE

**“Healthy at Home” Virtual Recreation Program Launched that
Focus on Staying Active and Engaged at Home**

Manhattan Beach, CA (April 9, 2020) - As Manhattan Beach residents observe the public health orders to stay at home during the coronavirus outbreak, the City is pleased to announce the new “Healthy at Home” virtual recreation program in partnership with the Chamber of Commerce and business community. The new program is being launched to provide the community with additional options for staying active and healthy at home and includes instructional fitness and overall wellness videos, printables, and healthy tips.

“This can be a very challenging time, and the community’s health and wellbeing remains a top priority of the City Council. Join the Parks & Recreation Department by participating in the “Healthy at Home” campaign that features virtual fitness and instructional art, cooking and wellness classes. Download tips and activities to do with your kids from household items and engage in live classes to stay connected and healthy,” said Mayor Richard Montgomery.

During these uncertain times, it is natural to feel a sense of anxiety, loneliness, and uneasiness as your day to day routines have changed. It becomes more important than ever to maintain social relationships, exercise regularly, eat healthy, and develop routines. In collaboration with class instructors, staff, youth sport organizations, and local businesses, the “Healthy at Home” initiative serves to provide residents of all ages with virtual arts, craft and cooking projects, fitness and instructional classes, and various tips and tools to stay grounded, active and positive from the comfort of their homes.

“The Manhattan Beach Chamber of Commerce is pleased to partner with the City to connect businesses that are offering virtual classes, tips and activities with the residents as everyone is looking for new, creative ways to stay home and remain healthy at this time,” said Manhattan Beach Chamber of Commerce President/Chief Executive Officer, Kelly Stroman.

To view the “Healthy at Home” tips, tools, and activities, you can access it by going to the City’s website, www.citymb.info/healthyathome regularly as content will continuously be updated. The videos will also be accessible on the City’s [YouTube channel](#) and you can follow the Parks & Recreation Department on [Facebook](#), [Twitter](#), and [Instagram](#).