

Next Weekend! Celebrate Health, Fitness, Music and Art During Fifth Annual Freshfest

The **5th Annual Freshfest** on **Saturday, February 10, 2018** from **9:00 a.m. to 4:00 p.m.** is destined to welcome fitness fans of all levels as they celebrate a healthier lifestyle during the **free day-long festival**. The growing, free, day-long festival held at the Meyer Amphitheater in downtown West Palm Beach is bigger than ever, with more than 25 fitness classes ranging from yoga to cycling for children and adults, as well as more than 80 vendors spotlighting the latest products and foods, apparel, area fitness facilities and more.



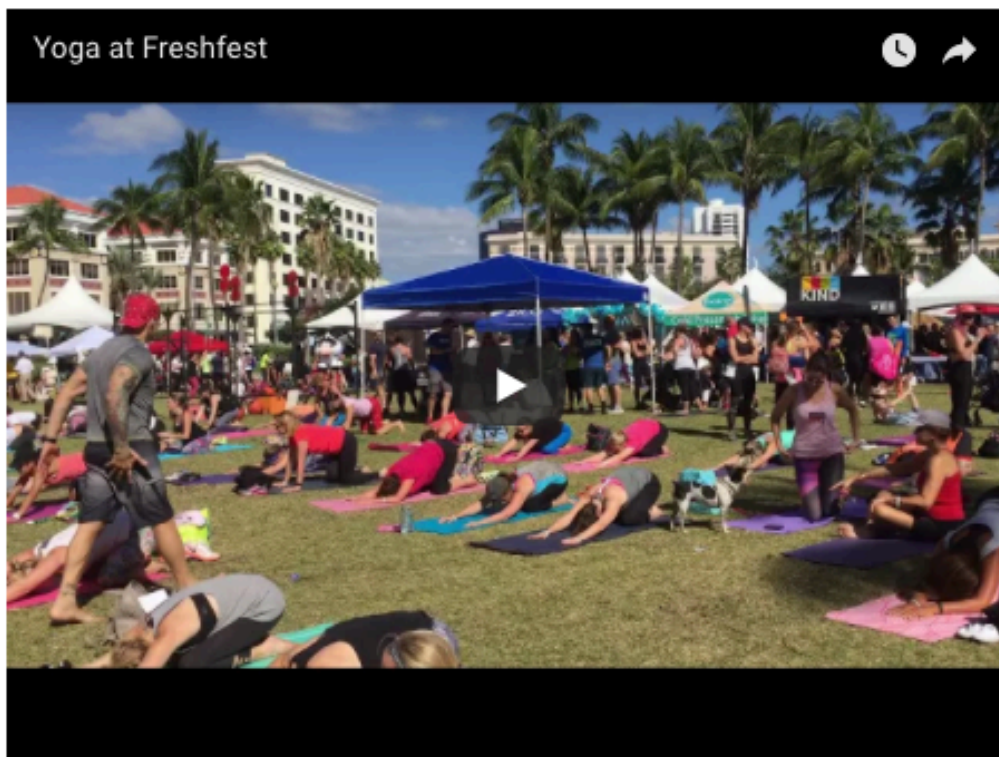
New elements this year include a **Paleo eatery and curated health food market** along the waterfront, "Freshfest Flow" featuring standup paddleboard meditation and yoga, and an opportunity to train with **celebrity and professional athlete fitness instructor, Amoila Jamil Cesar**. Cesar is a regular guest on The Ellen DeGeneres Show, has been featured on ESPN and recently appeared in Men's Health Magazine for his work transforming his clients. Access to the group training session is included with the Freshfest Fitness pass.

"Healthy living is more than strict diets and exercising seven days a week; it's also meant to be fun! Regardless of age or size, Freshfest celebrates fitness and a healthy lifestyle in an approachable manner," shared **Branndi Lewis**, Freshfest event producer. "Now in our fifth year, I am thrilled to continue to expand the offerings for fitness fans across south Florida to enjoy."



The event also features healthy food demonstrations, workshops, and live music by popular DJ Adam Lipson, DJ Jay R and Selecta Steve. Fitness class passes start at \$20 and can be purchased [online](#) or on the day of the event.

FreshFest is hosted in partnership with Discover the Palm Beaches and the City of West Palm Beach Flagler Shore Project. Sponsors include: The Palm Beach Post, West Palm Beach Downtown Development Authority, Garden of Life, Palm Healthcare, Zico Coconut Water, Surfr App, Startup Palm Beach, Morgan Stanley, That's It, Whole Foods West Palm Beach and Hilton Palm Beach.



The Meyer Amphitheater is located at [104 Datura Street](#) in West Palm Beach. For more information, visit freshfestFL.com or the Facebook page, facebook.com/freshfestFL.