

*For Immediate Release*  
*Friday, July 13, 2012*

**The Pontchartrain Park Senior Center Endorses Aaron In Move Baby, Move! Healthy Challenge Contest**

The Pontchartrain Park Senior Citizen Center's director has relied, in full faith, on videos led by fitness instructor Aaron Palmer for three years now. His active demonstrations from the evidenced-based program, Move Baby, Move!, motivates seniors to engage in fitness routines that improve physiological functioning, mobility, and the overall health of Pontchartrain Park's senior citizens. These chair-based exercises incorporate movement, music, and fun choreography. To vote and find out more about Move Baby, Move! and the Healthy Challenge contest, please visit the website <https://www.uhctogether.com/forms/BeHealthy/form31658.gsp> and cast your vote.