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**Capital Pride**  
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## **Fit to be Pride! Capital Pride Health and Fitness Day**

For immediate release

August 17, 2011

Capital Pride and the Public Service Pride Network ([www.publicservicepride.ca](http://www.publicservicepride.ca)) are jointly organizing the third annual Capital Pride Health and Fitness Day, which will take place on Saturday, August 20 at City Hall and Riverain Park.

The health and sports community offers ways to improve and challenge ourselves, meet new people with common interests, strengthen our community and to network. Healthy living and fitness activities also contribute to individual well-being and achieving school/work/life balance, which is an important consideration for everyone.

Health and Fitness Day is an opportunity for members of the LGBTQ community to participate in health and fitness activities organized by local queer-friendly clubs, groups and businesses. Activities include running, yoga, ballroom dancing, bocce, rugby, volleyball, tennis, softball and more. Details on the full schedule of events are available at [www.capitalpride.ca/healthandfitness/](http://www.capitalpride.ca/healthandfitness/).

The highlight of the Day's events is the second annual Divas vs. Dykes Softball Match organized by the Ottawa Q-Ball Softball League at Riverain Park starting at 3 p.m. Watch as members of the league battle in drag against the Dykes. Be prepared for some great softball, lots of laughs, and lipstick!

Events start at 9:00 a.m. at City Hall and at 12:00 p.m. in Riverain Park. All are welcome. There is a complementary shuttle between City Hall and Riverain Park starting at 11:30 a.m. Activities are free and family-friendly. The Park is dog-friendly (leashed). Washrooms and rest areas are available.

It's a day full of good clean fun for all. So come out and get Fit to be Pride!

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