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Results Gym Helps Zero Out Hunger with Zumba Fundraiser

***With the Holiday Season Approaching, Local Gym Hosts
Fitness Benefit to Raise Funding for the Capital Area Food Bank***

WASHINGTON, DC, Nov. 5 – Results Gym on Capitol Hill will open its doors to the public from 12:30 to 1:30 pm, Nov. 16 and host **Zumba to Zero Out Hunger**, a one-hour dance-fitness class to raise money and awareness for the Capital Area Food Bank (CAFB). Interested participants can support this cause and attend by contributing a \$10 suggested donation on the event fundraising page at www.resultsthegym.com.

Zumba to Zero Out Hunger will feature a one-hour Zumba class taught by Results Zumba instructor Laurie Valora with a warm-up led by fitness veteran Harold Sanco of Results Gym. The class is geared to participants of all skill levels, from beginner to seasoned Zumba-goer, featuring dance styles like salsa, merengue, samba, cumbia, hip hop and more.

“Hosting **Zumba to Zero Out Hunger** is the perfect opportunity for people to enjoy a fun workout while supporting an important cause in our community,” says Laurie Valora, Zumba instructor at Results Gym. “By supporting the Capital Area Food Bank, more people will have access to healthy meals and nutrition counseling this holiday season,” she added.

The Capital Area Food Bank has reported the number of families at risk of hunger in the Greater Washington area has grown to 700,000 individuals, of which nearly 150,000 are children. Last year, the CAFB distributed 45 million pounds of food – equivalent to 37.5 million meals – to 478,100 people through direct service and a network of more than 500 partner agencies.

All proceeds gained from Zumba to Zero Out Hunger will benefit the Capital Area Food Bank, the Washington metro area’ hub for food sourcing, food distribution and nutrition education in the Washington metro area, serving those struggling with hunger.

About the Capital Area Food Bank

The Capital Area Food Bank opened its doors on January 15, 1980, on the birthday of Dr. Martin Luther King Jr. The CAFB is the hub for food sourcing, food distribution and nutrition education in the Washington metro area serving those struggling with hunger. Through direct service and a network of 500 nonprofit partners, the CAFB distributes 45 million pounds of food annually, half of which is fresh produce.

A member of Feeding America, the national network of food banks, the Capital Area Food Bank serves Washington, D.C.; Montgomery and Prince George’s counties in Maryland; Arlington, Fairfax and Prince Williams counties and the City of Alexandria in Virginia. As an independent 501 (c) (3) organization, the Capital Area Food Bank was profiled in Washingtonian magazine as one of the 20 Best Charities in the region.

About Results the Gym

Results Gym is a unique, community-minded fitness facility serving Washingtonians with two locations in Washington, DC. With comprehensive programs like group fitness classes, squash,

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basketball, massage, personal training and nutrition counseling, Results offers our customers a fun and convenient way to maintain a healthy, active lifestyle. Regardless of a person's fitness level, we seek to motivate, inspire and enable our customers to exceed their fitness and health goals.

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