Getting Active

Starting a new fitness and nutritional plan can be a daunting experience. Let us help you in your family’s journey to becoming physically active and nutritionally aware. With the help of our local partners at our events you will learn what it means to live a healthy lifestyle, from making healthy food choices and meal preparation to how to create a safe and effective exercise routine for you and your family. We strive to include every age group from babies to the elderly and everyone in between. Just remember, being active is easy and fun.

Kick off Summer 2013 in the right way with activities and education for the whole family that can make getting healthy and active so much easier.
What is ActiveAtlanta?

At ActiveAtlanta, our goal is to get the entire city involved in learning what it means to be physically active in a responsible way. We strive to educate everyone on how to become active in a manner that is safe and healthy.

At our events you can learn what it means to be physically active and how to cultivate a healthy lifestyle for your family. We have many partners that share our vision for a healthier Atlanta and they will bring their expertise in teaching how to enjoy nutritious foods and outdoor activities.

We hope to see you at one of our events and that you are able to bring home some new knowledge that you spread throughout your community.

Upcoming Events

Summer Kick Off Celebration
Piedmont Park
Come with the whole family to learn about how to get healthy and stay active, in a responsible way.

Nutrition Presentation
Centennial Olympic Park
Join local chefs and nutritionists as they share their expertise on how to plan, shop for, and prepare delicious and healthy meals at home.

Family Fun Dance Exercise
Grant Park
Join us as we explore the popular world of dance exercise. Local instructors teach the basics of how to dance your way into a healthier lifestyle, a fun activity the whole family can enjoy.

ActiveAtlanta Evening 5k
Piedmont Park
Join us for a fun evening 5k race. $10 adult entrance fee, $5 child entrance fee.
Check our webpage for more info.

Healthy Summer Celebrations
Atlanta Food Truck Park
Learn how to prepare healthy foods for your outdoor summer celebrations, taste test recipes from local food trucks.

Fun Family Game Day
Inman Park
Come learn some fun games that the whole family can enjoy. Take home a packet of rules and activity night ideas for any age group.

Water Play
Centennial Olympic Park
Bring the whole family out to enjoy an afternoon at the park and play in the famous Olympic fountain. There will be a local band playing and of course, our food trucks friends, who will be serving up some great healthy snacks.

Family Field Day
Piedmont Park
Bring plenty of friends and family to join in on our fun field day. There will be lots of fun activities that can get the whole group moving and working together.

End of Summer Celebration
Piedmont Park
Come celebrate how much your family’s health and activeness has improved in just a couple of months! There will be games, food, entertainment, and lots more.