

For Immediate Release

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February Fitness Fever Brings Free Winter Activities to Polk County

Polk County, MN – Winter has arrived, but that doesn't mean an end to being active. From sledding, snowshoeing, and cross-country skiing to curling, ice fishing, hockey, and ice skating, winter offers countless ways for individuals and families to stay active, connect with nature, and enjoy time together.

February Fitness Fever is back for the month of February, featuring free family-friendly activities at locations across Polk County. Polk County Public Health is excited to once again highlight safe, easy, and low-cost ways residents can remain active throughout the winter season. Activities are designed for all ages and ability levels and are a great way for neighbors to connect while staying active.

Remaining active during the winter months supports physical health, mental well-being, and social connectedness. February Fitness Fever activities provide positive experiences that make it easier for people of all ages and skill levels to move their bodies, have fun, and stay connected this winter – whether you are attending one of our events or trying a new winter activity!

February Fitness Fever Event Schedule

- **Sunday, February 8**
Crookston Community Swimming Pool
Free Open Swim | 3:00pm-5:00pm
- **Sunday, February 22**
East Grand Forks Civic Center
Free Ice Skating | 3:45pm-5:45pm

Looking for even more ways to stay active this winter? The [Polk County Winter Activities](#) guide helps residents discover winter activities available throughout Polk County. It includes information on a wide range of activities, along with details on locations, hours of operation, costs, and equipment rentals where available. Whether you're trying something new or looking for a familiar favorite, this guide makes it easy to find fun, affordable ways to enjoy winter in Polk County.

Don't let cold weather keep you or your family from staying active – bundle up and join us this February! For questions or more information, contact Polk County Public Health at 218-281-3385.

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