

Free National Mall Workout to Celebrate America's 250th Invites All Fitness Levels

A MAHA-supported family-friendly event

WASHINGTON, DC, DC, UNITED STATES, June 19, 2026 /EINPresswire.com/ -- Americans can celebrate the nation's 250th anniversary by breaking a sweat June 28 at the Mega Strong Freedom Fit Fest, a free, MAHA-supported community workout on the National Mall.

The event will take place at the Jefferson Memorial. Organized by [BPALiveWire](#) and [MEGA Strong Fitness](#), the free event is part of a growing national conversation about healthier lifestyles and reflects the goals championed by Make America Healthy Again, or MAHA.

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Dee Dee Bass Wilbon

The morning begins with praise and patriotic music at 8:30 a.m., followed by a one-hour workout from 9 a.m. to 10 a.m. Organizers say the event is designed for all ages and fitness levels, whether participants are regular exercisers or simply looking for an enjoyable way to spend a morning on the National Mall.

We're excited to partner with MEGA Strong Fitness and be recognized as a MAHA-supported event," said Dee Dee Bass Wilbon, co-founder of BPALiveWire. "America's 250th is the perfect time to encourage people to get outside, get moving and think a little differently about the food they eat. If families leave inspired to make healthier choices, we'll consider the day a success."

"There's no better way to celebrate America than by coming together on the National Mall for an hour of movement, music and community," said Megan Kool, co-owner of MEGA Strong Fitness. "Whether you're a beginner or work out every day, everyone is welcome. Just bring a yoga mat, a water bottle and be ready to have fun."



Dee Dee Bass Wilbon & Megan Kool partner for the Mega Strong Freedom Fit Fest.

To register visit
<https://www.bpalivewire.com/megastrong>.

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Dee Dee Bass Wilbon & Megan Kool partner for the Mega Strong Freedom Fit Fest.



Dirk and Megan Kool owners of Mega Strong Fitness.



Dee Dee Bass Wilbon and Deana Bass Williams co-founders of BPALiveWire

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