



City of Memphis
Division of Park Services

Media Contacts:

Detric Stigall: 901-576-4200

Detric.Stigall@memphistn.gov

Katherine Brown: 901-576-4276

Katherine.Brown@memphistn.gov

For Immediate Release

Walking the Path to Good Health

September 20th at Frayser-Raleigh Senior Center

October 4th at Hickory Hill Community Center

MEMPHIS, TN (August 29, 2008) – In response to the growing epidemic of obesity among adults and children, the City of Memphis, Division of Park Services developed a health and fitness program entitled *Walking the Path to Good Health*. This is a free 6-week walking program that is held twice a year, Fall and Spring, at various community centers throughout Memphis.

The Fall 2008 opening events will be held at two locations on separate weekends. The 1st event will take place at **Frayser-Raleigh Senior Center** on September 20th and conclude on November 1st. The 2nd event will be at **Hickory Hill Community Center** on October 4th and conclude on November 15th. Those returning to the closing event will be entered in a drawing for some great prizes. Both events are open to ages 12 years and older.

The Program:

At the opening event all participants have their blood pressure and BMI (Body Mass Index) measured, and learn about the program. This program is geared for the participant's personal goal. They are asked to make a daily commitment to cutting out at least 100 calories and to walking a little more each day. Participants are given information to help them with their commitment and the first 100 participants receive a **free water bottle** and a **pedometer** to track their steps during the 6 week program. After 6 weeks, participants returned to have their blood pressure and BMI rechecked and to see if they won a prize.

During the opening event participants will warm up with a free low-impact aerobics workout with a center aerobics instructor and can visit the health fair where they can learn more about health and fitness, including speaking to a nutrition professional .

Our sponsors for this event include: Telecom Pioneers, University of Memphis Loewenberg School of Nursing, Baptist College of Health Sciences, and The Church Health Center.

For more information on this program, including our inaugural event on May 3rd, please visit <http://parks.memphistn.gov>. For a complete list of City of Memphis community centers please visit <http://communitycenters.memphistn.gov>.

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