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FOR IMMEDIATE RELEASE

CONTACT: Name and Number

Date:

SACRAMENTO REGION-WIDE WALKING PROGRAM TO BEGIN IN JUNE 2000

"It's a short walk to better health!"

The City of Sacramento 50+ Wellness Program is starting a region-wide walking program to promote health and well-being for people 50 years of age and older in the Sacramento area. In June, six parks in the Sacramento area will become designated walking program sites. Interested walkers may come to the most geographically desirable site and join others to form a walking group. The walking program will begin in East Sacramento, South Sacramento and the Arden/Carmichael area. Each month more walking program sites will be designated, and eventually neighborhoods throughout the Sacramento area will have a designated walking program site.

Walking is a wonderful activity for fun and fitness. It is an easy and convenient form of physical activity with a myriad of health benefits. Walking helps reduce stress, maintain strong bones and muscles, increase endurance and stamina, improve circulation, and control weight. Walking for at least 30 minutes a day, 5 or more days a week will allow older adults to meet the U.S. Surgeon General's physical activity requirement.

Walking is not only good for individual health but it is good for the community and environment. Walking reduces traffic congestion, noise and air pollution, supports community involvement and neighborliness, and walkers act as community "watchdogs" who help keep streets safe and prevent crime. Today, roughly one hundred million Americans are walking. Clearly, walking is the nation's preferred activity for achieving and maintaining good health and fitness.

The 50+ Wellness Program is hopeful that older adults in the Sacramento area will agree that walking is a fun form of physical activity and start walking at one of the designated region-wide walking program sites. The following is a listing of the designated walking program sites with programs commencing in June. All walks will take place on a regular, on-going basis at each site/park on Monday, Wednesday, and Friday at 9:00 a.m. and 7:00 p.m.

East Sacramento sites:

McKinley Park

Alhambra Boulevard (between H Street and McKinley Boulevard)

Meet in front of the Clunie Club House (library bldg.)

Glen Hall Park (River Park Area)

Carlson Drive at Sandburg Drive

Meet in front of the tennis courts

Downtown Sacramento site:

Capitol Park (California State Capitol)

10th and L Streets

Meet in front of the Capitol Building, West Steps

South Sacramento sites:

Tahoe Park (Tahoe Park Area)

59th Street at 11th Avenue

Meet in front of the pool house

Garcia Bend Park (Pocket Area)

Windbridge Drive at Riverside Boulevard

Meet in front of the playground

Land Park (South Land Park Area)

Land Park Drive at 16th Avenue

Meet in front of the Pro Shop at the William Land Golf Course

For more information about the region-wide walking program please contact:

Name:

Number:

Email: