

FOR IMMEDIATE RELEASE

April 4, 2007

CONTACT: Kimberly Larson, 623-930-2989
Marketing/Communications

GLENDALE SELECTED AS ONE OF TEN NATIONAL SITES TO HOST AARP WALKING PROGRAM

GLENDALE, Ariz. – Glendale has been selected as one of ten cities nationwide to host a 10-week walking program, sponsored by the American Association of Retired Persons (AARP) and the National Recreation and Parks Association (NRPA).

The walking program will kick off Saturday, April 7, from 8:30 – 10 a.m. at the Glendale Adult Center, located at 5970 W. Brown St.

In 2006, Glendale was also named one of the best cities in the country based on walkability, by Prevention Magazine and the American Podiatric Association. Glendale was ranked number 12, the only Arizona city in the top 20. The city boasts more than 30 miles of trails throughout its 2,052 acres of parks and outdoor recreation area.

“If people are looking for an outdoor environment with different terrain, Glendale’s trails are a great place to walk,” says Wally Klostad, a member of the Glendale Hiking Club. “And walking together offers a great camaraderie that I enjoy.”

Those who register for the free 10-week program will receive a free step counter and an informative guidebook, and will be invited to sign up for a walking group and weekly educational sessions on fitness and nutrition.

- - more - -



Home
of the NFL's
2008 Super Bowl

Home
of Arizona's
Best Hometown
Festivals

Home
of the
NHL Coyotes,
Arizona
Cardinals and
Fiesta Bowl

Home
of Luke AFB,
the largest F-16
training base
in the world

City of Glendale
5850 W. Glendale Ave.
Glendale, AZ 85301
(623) 930-2960
www.glendaleaz.com

Walking Program

Add 1/1/1

This program is part of AARP's initiative to prevent illness and promote well-being through positive changes to personal behaviors, like diet and exercise.

Walking has social, emotional and physical benefits. It helps people lose or maintain weight, and it helps with long-lasting weight management. And that isn't all. Walking briskly for 30 minutes a day, at least five days a week, also can reduce your risk of cardio-vascular disease, diabetes, obesity, osteoporosis, arthritis and some cancers.

Daily walks also help relieve insomnia and other sleep disorders, by helping people relax more and sleep better at night. That means waking up feeling more rested and alert, with the reward of health benefits such as clearer thoughts, more energy, a positive mindset, healthy weight maintenance, muscle strength, stress relief, better decision-making ability and a stronger immune system.

The informative kick-off event is designed to set goals, and provide easy ways to track how much you walk, as well as offer weekly motivational updates. There will also be a celebration to reward participants at the completion of the program.

Whether or not you can attend the kick-off event, all participants should register for the program by calling 1-877-926-8300 (toll free). For additional information, contact the Glendale Adult Center at 623-930-4321.

###