



NEWS RELEASE

FOR IMMEDIATE RELEASE

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Get Moving Houston! Time for Texas Round-Up

The Houston Parks and Recreation Department urges all Houstonians to run, walk, jump, or sprint their way to better health in preparation for another successful Houston showing at the Texas Round-Up! The Texas Round-Up, a statewide fitness program encouraging Texans to develop and maintain healthy lifestyles, kicked off this week.

"Houston is proud to once again participate in Texas Round-Up," said Joe Turner, Director of the Houston Parks and Recreation Department. "This is a great opportunity for Houstonians to get out, get fit, and ultimately compete against other Texas cities to see who comes out the healthiest. We are ready for this challenge!"

Texas Round-Up has been a significant event in the City of Houston's efforts to improve health and wellness among its citizens. The City's Wellness Advisory Council, along with the Mayor's health and wellness initiative "[Get Moving Houston](#)", have greatly endorsed Texas Round-Up and have motivated Houstonians toward healthier living.

"Last year, the Mayor's Wellness Council challenged Houston to achieve a Top 3 finish at the Texas Round-Up," said Doug Earle, Deputy Director, Houston Parks and Recreation Department. "We accomplished this goal and showed Texas what Houston can do when it comes to positive health and fitness. We intend to do even better this year with more participants, more enthusiasm, and a stronger commitment aimed at spreading fitness throughout our community."

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Registration for the event, fee listings, and specialized training schedules including specific Activity Training Programs for the 10k and 5k events, and additional information for Texas Round-Up can be obtained online at www.texasroundup.org. Certain discounts are available for government employees, active duty military, students and senior citizens.

For additional information on **Texas Round-Up** or on the Houston Parks and Recreation Department call 713-845-1135 or visit our web site at www.houstonparks.org