



NEWS RELEASE

FOR IMMEDIATE RELEASE
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HOUSTON INVITES YOU TO "WALK IN THE PARK"

The Houston Parks and Recreation Department announces "*Walk in the Park*," a comprehensive, free, city-wide walking program for families and individuals of all ages that will take place year-round at 56 community centers throughout the City of Houston.

"*Walk in the Park* provides participants the opportunity to get fit and in shape while taking advantage of enjoying the beauty of the City's parks with family and neighbors," said Deputy Director of Recreation and Wellness Division Doug Earle.

"*Walk in the Park*" is a step toward good health and fitness, and is an initiative designed to inspire wellness, volunteerism and appreciation for the natural beauty in our parks.

An average of 30-minutes of physical activity on most days, such as an energetic walk, is essential for the cardiovascular system in helping to maintain a healthy heart. "*Walk in the Park*" supports and promotes this idea and provides an opportunity for everyone to initiate a healthy personal fitness routine.

The Houston Parks and Recreation Department is committed to guiding the citizens of Houston to get fit and in shape. "*Walk in the Park*," offer citizens the perfect opportunity to explore new views of Houston Parks while getting in shape.

For additional information on "*Walk in the Park*" and community center locations, call 713-845-1019 and 713-845-1083 or visit the Houston Parks and Recreation Department's web site at www.houstonparks.org

