



NEWS RELEASE

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Second Annual Metal and Muscle Expo Introduces Paralympic Sports to Injured Service Members

*Partnership between U.S. Paralympics and Houston Parks and Recreation Department
creates sport and recreation opportunities for injured service members.*

The Houston Parks and Recreation Department and U.S. Paralympics, a division of the U.S. Olympic Committee (USOC), have united to host the Second Annual Metal and Muscle Expo, sponsored by the US Paralympic Military Program, specifically for injured military men and women. The Expo will take place on January 16, from 9:00 a.m. - 5:00 p.m., at the George R. Brown Convention Center, 1001 Avenida de las Americas, Hall E. With 21 million Americans with physical disabilities, including thousands of military personnel who've been severely injured while on active duty, this is an important community need.

"We are very pleased to be bringing the Metal and Muscle Expo to Houston with our partner, the USOC," said Joe Turner, Director, Houston Parks and Recreation Department. "Exercise and fitness are lifelong activities needed to maintain a healthy and active lifestyle. We hope that the Metal and Muscle Expo will motivate attendees to stay active and improve their quality of life."

The Second Annual Metal and Muscle Expo sponsored by the US Paralympic Military Program will introduce attendees to Paralympic sports, including sitting volleyball, wheelchair basketball, airgun shooting and judo for the blind. Attendees can also test their agility at a challenge slalom course, play power soccer, challenge slalom, participate in amputee walking/running clinics, meet Paralympic athletes and coaches and much more.

Providing injured service members the opportunity to become physically active in their communities helps the rehabilitation process. The Houston Parks and Recreation Department is proud to partner with the US Paralympic Military program to help our nation's heroes return to living healthy, active lifestyles.

The Second Annual Metal and Muscle Expo sponsored by the US Paralympic Military Program is being coordinated by the Houston Parks and Recreation Department's Adaptive Recreation Section. Attendees can preregister for the event by calling Charles French at (713) 284-1973 or by email at charles.french@cityofhouston.net.

About U.S. Paralympics:

U.S. Paralympics, a division of the U.S. Olympic Committee, is dedicated to becoming the world leader in the Paralympic sports movement and to promoting excellence in the lives of persons with physical disabilities. Visit the U.S. Paralympics website at www.usparalympics.org. For more information about U.S. Paralympics Military Program, please contact Beth Bourgeois at (719) 866-2039 or beth.bourgeois@usoc.org.

About the Houston Parks and Recreation Department:

The Houston Parks and Recreation Department oversees the management and stewardship of the city's 350 developed parks and provides programming and recreational opportunities for people of all abilities. For more information on the Second Annual Metal & Muscle Expo or on the Houston Parks and Recreation Department, call (832) 395-7022 or visit www.houstonparks.org.