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### **Walkers Club Challenges Community to Shape Up**

Members of the Oak Park Walking Club will kick off the season at 9:15 a.m., Sat., May 8 at the Oak Park Public Library, 834 Lake St. with a challenge to the community to take 10,000 steps a day for the next eight weeks, an enjoyable way to achieve the U.S. Surgeon General's recommendation to use exercise to manage weight and stay healthy.

The first 30 persons to sign up for the eight-week challenge will receive a free pedometer to track their steps. Participants also can have their blood pressure and body mass index checked for free.

Sponsored by the Oak Park Department of Public Health, Oak Park YMCA, Park District of Oak Park, Temple Fitness and Healthy Oak Park, the free event will provide information on walking technique, equipment, safety, interesting routes and walking groups in the community.

"Oak Park is a beautiful safe place to walk, with lots of interesting architecture says Georgeen Polyak Oak Park Department of Public Health Director. By joining a walking group in your neighborhood you can make new friends and start leading a healthier lifestyle."

Health Department officials said the program is beginning in the spring so that new walkers can establish walking as part of their regular schedule by fall since it takes about six months to lock in a new behavior. Many walkers continue to walk during the winter, weather permitting. Others find indoor activities to continue their physical fitness regimes during the colder months, such as those showcased by the Oak Park Walkers in exercise seminars presented in the winter.

For more information about the Oak Park Walkers or the Walking Club kick-off call 358.5484 or email [health@oak-park.us](mailto:health@oak-park.us).

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