News Release

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MAYOR’S HEALTHY HOMETOWN AND YMCA PARTNER
FOR CITY’S FIRST “WALKTOBER”

LOUISVILLE, Ky. (October 1, 2013) -- The cooler weather and fall foliage make October a perfect time to get out and explore the city on foot. The Mayor’s Healthy Hometown Movement and the YMCA of Greater Louisville encourage you to discover the many benefits of walking and find a new path to fitness during October. Some say walking is the perfect exercise. It burns calories, reduces stress, improves muscle tone, helps prevent osteoporosis – without putting excessive pressure on bones and joints. And all it requires is a pair of shoes!

There’s many ways to participate in Walktober. Dozens of organized walks are planned throughout the city -- at Waterfront Park, in our Metro Parks and at the Zoo. You can get your exercise, show compassion and also help raise funds and create awareness of everything from Alzheimer’s to clean air. Historic walks are planned for downtown and Cave Hill Cemetery. You can even Walk with a Doc in several local parks, thanks to Kentucky One Health.

“Louisville has added and improved many pedestrian facilities in the last decade,” said Dr. LaQuandra Nesbitt, director of Louisville Metro Public Health and Wellness. “Walktober is your chance to visit the Big Four Bridge, the Parklands of Floyds Fork and the newest segments of the Louisville Loop. Hop on one of the Mayor’s Miles around town, or organize a Walk to School Day at your child’s school.”

“If you’re new to walking, Walktober is the month to get started,” said Steve Tarver, President and CEO of the YMCA of Greater Louisville. “You can improve your fitness, prevent disease and relieve stress with a good walk.”

For a list of walks/runs for a good cause or a list of great places to walk, go to http://www.louisvilleky.gov/HealthyHometown/Walktober.htm.

“Share your walking experiences with us,” said Dr. Nesbitt. “Send us a photo or a comment via email at Walktober@louisvilleky.gov. Tell us why you walk. Post photos of you and your walking group, you walking your dog, or what you see on your walks to the Mayor’s Healthy Hometown Facebook page. You can also share with us on Twitter. Use hash tag #walktoberlou.”

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