



NEWS RELEASE

FOR IMMEDIATE RELEASE

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Suffolk Is On The Move!

SUFFOLK, VA (June 24, 2010) Are you ready for a challenge? You and your family can take small steps and make small changes to a healthier way of life. Join several hundred of your friends and neighbors that have already registered to participate in "Suffolk On the Move", a one-mile fun run and 5K walk/run which will be held at Constant's Wharf Park & Marina on Saturday, June 26, 2010, marking the start of a year-long campaign to inspire and encourage Suffolians of all ages to become more active!

For those who haven't pre-registered, on-site registration will be available beginning at 7:00 a.m. The 5K begins at 8:00 a.m. and the one mile walk at 8:15 a.m. **Registration is FREE.** Participants are asked to donate one canned good to support Suffolk food pantries. Wheelchairs, strollers and wagons are permitted on the one-mile walk.

The Suffolk Partnership for a Healthy Community and the City of Suffolk's Department of Parks & Recreation have joined forces to create this event to bring awareness to Parks & Recreation Month in July, as well as the Suffolk Partnership's 12-month campaign to promote a more active, healthier lifestyle.

“We wanted to plan a citywide campaign to help people get more active,” says Karen Brower, Chair of the planning committee. “From a series of interviews with 26 different focus groups, we’ve learned two key factors are primarily responsible for the increased rate of chronic conditions, including obesity: poor food choices and low levels of activity.”

To jump-start the campaign, Mr. Peanut is joining The Suffolk Partnership, Parks & Recreation and all participants to start the ball rolling on a city-wide *movement* to encourage Suffolk’s citizens to adopt a more active lifestyle.

Please contact Lakita Frazier, Director of Parks & Recreation, at 514-7250, or Karen Brower, Chair of the Suffolk on the Move Committee, at 514-4730 for more information. Registration forms for the one-mile fun run and 5K walk/run are available at www.suffolkpartnership.com or www.suffolk.va.us/parks

The excitement will continue after the fun run and walk with a “Fun Fest” from 10:00 a.m. until 12:00 p.m. at Constant’s Wharf in celebration of the kick-off of National Parks & Recreation Month. This event is free and open to the public and includes a magician, bounce house, canoe rides, giveaways, games and plenty of family activities

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