

News Release



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In Time for the Holidays Dozens Joined CA State Parks to Promote Governor's Fitness Fight with First City Walk

SACRAMENTO – The Department of Parks and Recreation today launched the “City Walks” physical fitness campaign that encourages walking and hiking in State Parks.

“Today, by taking a simple walk outside during the lunch break, everyone here made a public commitment to a healthier lifestyle,” said Resources Agency Secretary Mike Chrisman, standing in front of the State Capitol following a 30-minute walk around Capitol Park. “By this small act, we challenge everyone working downtown to do the same.”

With a walking map in hand, Chrisman and State Parks Director Ruth Coleman led a crowd of state employees on a 1-mile walk around Capitol Park. It is one of 10 easy downtown area walks that State Parks is promoting on lobby billboards and in its new brochure.

“Not only did we get great exercise, we enjoyed the significant memorials and trees from around the world that we passed along the way,” said Coleman. “It is a fabulous way to work off pounds gained during the holidays.”

The State Capitol and Sutter's Fort are just two of the several state parks facilities in downtown Sacramento described along the City Walks trails. The pilot program is being examined for expansion to walks in other cities throughout California. It has been endorsed by the Governor's Council on Physical Fitness and Sports.

California State Parks is lending its unanimous support to Governor Arnold Schwarzenegger's Health, Nutrition and Obesity Program. In his letter to state directors last August, he said that California is facing an obesity epidemic, having gained 360 million pounds in 10 years. According to federal dietary guidelines, it takes adults at least 30 minutes of physical activity a day to reduce the risk of chronic diseases.

"I commend State Parks for providing Californians a fun and innovative way to get active" said Jake Steinfeld, chairman of the Governor's Council on Physical Fitness and Sports and founder of Body by Jake Global. "Whether they choose to walk or run, hike or bike, surf or ski, my hope is that all Californians will take advantage of opportunities like this to be active and live in a healthy state."

The walking map brochure is available online http://www.parks.ca.gov/pages/23997/files/map_print.pdf

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California State Parks on the Internet: <<http://www.parks.ca.gov>>**

