



News Release

FOR IMMEDIATE RELEASE

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Staying Fit by walking and hiking, even in downtown Sacramento!

California State Parks Kicks off Summer Fitness with *Take A Hike! City Walks in Downtown Sacramento*

Sacramento, CA – State workers, local business employees, downtown residents, and visitors are encouraged to join California State Parks for the 2007 kick-off of *Take A Hike! City Walks in Downtown Sacramento*. Every second Tuesday of the month, organized walks featuring a variety of routes will take off from the Capitol during the lunch hour.

**Location for First Walk: California State Capitol
North Capitol Steps
Sacramento, California**

Date/Time: June 12, 2007. Meet at 11:45 AM, Walk 12:00 to 1:00 PM

Take A Hike! City Walks in Downtown Sacramento is part of California State Parks' *Take A Hike!* program which encourages people, especially in urban areas, to use their local and parks like an outdoor fitness club. *Take A Hike! City Walks* is expanding through city and county departments of parks and recreation as an inexpensive employee based lunch and break time fitness program. "Physical activity is essential for good health. We encourage our employees and others to walk during the lunch hour and lengthen their walks each month" says State Parks Director, Ruth Coleman.

If you want something new and interactive to do on your lunch hour, join California State Parks for guided city walks in downtown Sacramento. Enjoy camaraderie, conversation, and invigoration as we stroll, stride, or power-walk the avenues of the city. ##