



South Suburban
PARKS AND RECREATION

FOR IMMEDIATE RELEASE

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South Suburban Partners with Arthritis Foundation to Offer

New Exercise Program to Benefit those with Arthritis

South Suburban Park and Recreation District is one of 24 communities across the country that will offer new, low-impact exercise programs especially tailored for those with arthritis, thanks to a \$140,000 grant from the National Recreation and Park Association (NRPA) and the Arthritis Foundation, with support from the Centers for Disease Control and Prevention.

Money from the grant enabled South Suburban staff to be trained and certified to teach the Walk With Ease class, offered at South Suburban's Goodson Recreation Center and nearby deKoevend Park in Centennial. The program has been scientifically proven to help reduce pain and stiffness often associated with arthritis. Although the program is specifically tailored to those with arthritis, anyone seeking a regular, low-impact exercise class is encouraged to register. There are many benefits of walking including weight loss, increased energy, mood elevation and stress management.

By partnering together, the NRPA and Arthritis Foundation aim to reach more people living with arthritis and help improve their quality of life through these measurable programs. "The Arthritis Foundation and their proven interventions recognize the role accessible exercise and wellness have on improving overall health outcomes in our country," said Barbara Tulipane, president and CEO of NRPA. "Public parks and recreation facilities promote healthy lifestyles and serve their entire community regardless of age, income level or social background. This makes them perfect locations for programs that address arthritis."

Walk With Ease, a six-week class, is offered Mon., Wed., and Fri., from 2-3 pm. Participants meet at Goodson Recreation Center, 6315 S. University Blvd. Weather permitting; the walks will take place in deKoevend Park, adjacent to the center. To register, visit www.sspr.org. For more information call 303-730-4610.

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