



Contact: Debbie Wilmot
Public Information Officer
City of Lafayette
www.cityoflafayette.com
debbiew@cityoflafayette.com
1290 S. Public Road
Lafayette, CO 80026
Phone 303.665.5588 ext.3455

Press Release

FOR IMMEDIATE RELEASE

Successful Launch Today of Lafayette's "Walk with a Doc" Program

Lafayette, CO April 7, 2012 – The Bob L. Burger Recreation Center, in partnership with Exempla Good Samaritan Hospital, hosted their first Walk With a Doc walking program this morning at 9:00am. Walkers met at the Recreation Center and enjoyed a refreshing and rejuvenating 1 mile walk along the heART Walk route with Wael Garas, MD of Exempla Good Samaritan Internal Medicine. Dr. Garas provided support to the walkers, techniques for a new breathing exercise, and answered questions during the walk.

When asked what drew her to the free community event, walker Kathy DiCenzo who attended with her two year old son said, "I just thought it was a neat idea for a program. I've lived in Lafayette for 12 years and love what the Recreation Center does. It just gets better and better each year. Plus, it was great to get a free pedometer!"

The next free walk will be held on Saturday, May 5 at 9:00am. Pre-registration is required online or in person at the Bob L. Burger Recreation Center. www.cityoflafayette.com/recreation

Photo attached. More photos available on the [Lafayette Recreation Department's Facebook page](#).

(previous Press Release below)

Lafayette Recreation Department and Exempla Good Samaritan Hospital to Launch Walk with a Doc Program on April 7

Lafayette, CO March 27, 2012 – The Bob L. Burger Recreation Center will host the first of Lafayette's Walk With a Doc walking program on Saturday, April 7 at 9:00 am. Walkers will meet at the Recreation Center and enjoy a refreshing and rejuvenating 1 mile walk along the [heART Walk](#) route with Wael Garas, MD of Exempla Good Samaritan Internal Medicine. Dr. Garas will provide support to the walkers and answer questions during the walk.

"This program has had tremendous participation and tremendous success in many other cities around the country," said Karen Snortland, General Programs Supervisor with the Lafayette Recreation Department. "We're very pleased to be partnering with Exempla and to offer this exciting and simple program that shows such improved health results for so many people." Walk With a Doc is a national non-profit organization whose mission is to encourage healthy physical activity in people of all ages, and reverse the consequences of a sedentary lifestyle in order to improve the health and well-being of the country.

Why walk? "There's no question that increasing exercise, even moderately, reduces the risks of many diseases, including coronary heart disease, breast and colon cancer and Type 2 diabetes," said Wael Garas, MD of Exempla Good Samaritan Internal Medicine. "Research has even shown that you could gain two hours of life for each hour that you exercise regularly."

Exempla Hospital and the Recreation Center encourage anyone in the community to join the walk. This is a FREE program and pre-registration is handled through the Bob L. Burger Recreation Center either online or in person. The first 10 registrants will receive a pedometer, compliments of the Recreation Center. Future walks will be held the first Saturday of every month at 9:00 throughout the summer.

Date: Saturday, April 7 (the first Saturday of every month)

Time: 9:00 am

Location: Bob L. Burger Recreation Center / 111 W. Baseline Rd / Lafayette, CO

Cost: Free

To pre-register for the walk, go to www.cityoflafayette.com/registration or register in person at the Bob L. Burger Recreation Center. The first 10 registrants will receive a free pedometer, compliments of the Recreation Center.

According to the American Heart Association, walking as little as 30 minutes a day can provide these health benefits, as well:

- Improve blood pressure and blood sugar levels
- Help maintain a healthy body weight and lower the risk of obesity
- Enhance mental well-being
- Reduce the risk of osteoporosis

About Walk With a A Doc: WWAD is a non-profit organization that encourages healthy physical activity in people of all ages, and reverse the consequences of a sedentary lifestyle in order to improve the health and well-being of the country. "Just Walk™" Walk with a Doc has over 51 active programs and is in 4 countries. To learn more, go to www.walkwithadoc.org

#