



PRESS RELEASE

Date: September 21, 2006
Contact: Amy Pendergast, MPH at 229-8243

Join Us for Healthy Shasta's Kick-off Event "Walk This Way at Turtle Bay"

Shasta County, CA- Join the fun and bring your family to Healthy Shasta's Kick-Off event "Walk This Way at Turtle Bay". This FREE, family event is on October 7th from 9:00 am – 1:00 pm at Turtle Bay, featuring live music and free admission to Turtle Bay Exploration Park. Event activities include:

- 9:00 am – 10:00 am: Family fun walk with entertainment along the route. Kick it off with the Get Healthy Shasta pep rally and Shasta Taiko Drummers. All walkers will receive a free t-shirt!
- 10:15 am – 10:45 am: How Walkable is your Community? An interactive session on how to make places more pedestrian friendly.
- 10:00 am – 1:00 pm:
 - Body fat analysis and blood pressure screenings;
 - Kid's activities, including Parachute Fun and Nutrition Olympics featuring Melon Weight Lifting, Coconut Bowling and more;
 - Fresh fruit and vegetable tasting;
 - Healthy cooking demonstrations.
- 11:00 am: Be amazed by the Rope Warrior, David Fisher! This physical fitness super hero, world record holder, and energetic entertainer will demonstrate his jump roping skills, as seen on The Today Show and Good Morning America.
- 11:00 am – 1:00 pm: Live music by Majical in the Turtle Bay Café.

- more -

First 5 Shasta
McConnell
Foundation
Mercy Medical
Center
Shasta County
Public Health
Shasta Family
YMCA
Turtle Bay
Exploration Park



Other features of Healthy Shasta’s “Walk this Way at Turtle Bay” include live radio remotes by local stations, Recipe for a Healthy Community Video, and much more! Healthy Shasta will also announce the start of the Healthy Shasta Challenge and the Golden Shoe contest.

“Walk this Way at Turtle Bay” is sponsored by Healthy Shasta’s partners and others including: Shasta Coalition for Activity and Nutrition, California Nutrition Network, Mercy Medical Center, Turtle Bay Exploration Park, Shasta County Public Health, Shasta Family YMCA, American Heart Association, City of Redding, Churn Creek Meadow Organic Farm, Country Organics, Fleet Feet Sports, Regent Broadcasting, Results Radio, KRCR Channel 7, Beyond Juice, and Mt. Shasta Spring Water.

For more information, contact Healthy Shasta at 229-8243 or visit www.healthyshasta.org.

#

First 5 Shasta
McConnell
Foundation
Mercy Medical
Center
Shasta County
Public Health
Shasta Family
YMCA
Turtle Bay
Exploration Park