



FOR IMMEDIATE RELEASE

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“Let’s Move, Summit County!” Fall Family Hiking Spree Event
Sunday, October 2nd at Firestone Metro Park

On Sunday, October 2, 2011, “Let’s Move Summit County,” will host a Fall Family Hiking Spree event at the Firestone Metro Park/Coventry Oaks Pavilion, 40 Axline Ave. in Akron, from 2:00 to 4:00 p.m. In addition to the hike, this FREE event will also have family friendly games, special guests and activities, giveaways, healthy snacks and nutrition information, and a Grand Prize Drawing. **The first 300 youth to arrive are guaranteed prizes and all attendees who arrive prior to 2:30 p.m. will be eligible for the Grand Prize Drawing. Hikers can also receive spree credits toward their MetroParks rewards.**

In support of reducing childhood obesity, Summit County Council member Paula Prentice has spearheaded “Let’s Move, Summit County!” – a program designed to promote health and wellness for children and families. The initiative kicked off during the City of Akron’s 15th annual “First Night” downtown New Year’s Eve celebration where kids received free backpacks and participated in dancing, hula hooping and jump-roping activities. All guests signed their names on a large pledge card which stating that they would follow family fitness suggestions to become a family of healthy citizens. In May, “Let’s Move” hosted a Spring Hiking Spree For All Hike at Goodyear Metro Park.

The idea behind “Let’s Move, Summit County!” stemmed from First Lady Michelle Obama’s “Let’s Move!” campaign, which aims to end childhood obesity in the United States. The initiative is a collaborative effort between the Summit County Council Office, Summit County Executive’s Office, Akron Public Schools, MetroParks Serving Summit County, Akron Children’s Hospital, Akron General Medical Center, Summit County General Health District Metro Regional Transit Authority and the Akron Area YMCA.

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