



FOR IMMEDIATE RELEASE

**Contact: K. Darlene Mims
Chief of Staff, County Council**
Phone: 330-643-2725

April 22, 2011

**“Let’s Move, Summit County!” Spree for All Hiking Event
Sunday, May 1st at Goodyear Heights MetroPark**

On Sunday, May 1, 2011, “Let’s Move Summit County,” will host a Spree For All Family Fun Hiking event at the Goodyear Heights MetroPark, 2077 Newton St. in Akron, from 2:00 to 4:00 p.m. In addition to the mile and a half 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 50 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.**

Metro Regional Transit Authority will provide FREE transportation on its Route 30 bus that day and FREE day passes will be provided to attendees following the hike.

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.

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 “Fuel Up to Play 60” program.

###

***** NOTE – Members of the 2010-11 NCAA National Champion University of Akron Men’s Soccer Team will be on hand to meet and sign autographs.***