

# News Release

Feb. 1, 2012



## Leduc hosts Winter Walk Day at Alexandra Park – Residents encouraged to track minutes of activity on Feb. 8

Winter Walk Day 2012 is hosted by the City of Leduc to challenge citizens of all ages to increase their level of activity over the winter season.

“When the weather is cold, it’s easy to become less active,” says Cristal Bole, manager of community development and service planning with the City of Leduc. “We want to help and encourage people to make healthier changes in their life.”

Regional media and citizens are invited to participate in this community event:

- WHAT:** Winter Walk Day 2012 Activities
- WHEN:** Feb. 8, 2012, 11:30 a.m. – 1:30 p.m.
- WHERE:** Leduc Civic Centre (1 Alexandra Park)

Residents are urged to track their minutes of activity, throughout Feb. 8, with two options;

1. Log onto [Leduc.ca](http://Leduc.ca) and following the link on the home page, or
2. Email [healthyhearts@leduc.ca](mailto:healthyhearts@leduc.ca)

“Planned activities will be provided for all participants at the event, which include public skating, shinny hockey or a walk around the park,” says Bole. Healthy snacks, refreshments and program information will be available.

“For anyone unable to attend the event, we encourage them to get outside and try a new activity, or take advantage of indoor activities, such as fitness classes. Winter Walk Day includes all activity, indoor and outdoor,” says Bole.

Winter Walk Day in Alberta is organized by SHAPE (Safe, Healthy Active People Everywhere) which promotes Active and Safe Routes to School and International Walk to School Week. SHAPE has set a goal to have more than 100,000 Albertans take part in this year’s Winter Walk Day. Alberta communities will compete for awards sponsored by the Alberta Motor Association (AMA).

For more information, call (780) 980-7177.

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