

CITY OF SHREVEPORT

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PRESS RELEASE

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City of Shreveport kicks off fitness plan

The City of Shreveport is walking to New Orleans – Walk With Us! This is the theme for the City of Shreveport’s 2015 Annual Health and Wellness Program that will kick off in the lobby of Government Plaza at noon on Friday.

Employees, families, friends and the downtown community are challenged to walk 350 miles, the distance from Shreveport to New Orleans. The walk begins Friday and will conclude October 23. Mayor Ollie Tyler will get the walk started motivating the crowd to accept the fitness challenge.

The public is encouraged to sign up to begin or continue their walk to great health. Participants who complete the 350 miles will be invited to attend a Mardi Gras celebration and parade downtown.

Maps of downtown walking paths are located on the City’s website: www.shreveportla.gov/GetFit. Throughout the year, participants will attend a series of walks, fitness challenges, nutritional and cook-outs.

For more information or to sign up, call 673-5150.

-Shreveport-

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