



South Suburban
PARKS AND RECREATION

FOR IMMEDIATE RELEASE

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South Suburban Celebrates National Parks and Recreation Month with Campaign to Be Active

South Suburban Park and Recreation District is celebrating National Parks and Recreation Month in July with a campaign to encourage residents to engage in 30 minutes of daily physical activity; and try 30 activities for 30 days, or simply 30-30-30.

District residents and patrons will be encouraged to try a new class or program to round out their fitness routine. For example, an avid runner or spinning enthusiast may want to try a different type of exercise like yoga or Pilates. With hundreds of classes and programs available, South Suburban is hoping that the campaign will stimulate trying offerings that aren't necessarily on someone's radar screen.

The Campaign promotes overall wellness, by incorporating Dr. Bill Hettler's Wellness Wheel with its six dimensions of health: emotional, spiritual, occupational, physical, social and intellectual. The idea is to try a variety of classes, activities or programs representing each of the six areas of the Wheel.

Individuals who exercise daily for 30 minutes and try 30 activities for 30 days, will reap the rewards that are gained through being active, expanding individual choices in fitness, and tapping into the six areas of wellness that provide balance and harmony in one's life.

To get started, visit www.sspr.org and check out activities promoted on the District's home page, or click the online fitness schedule. South Suburban's spring/summer edition of *Connection* is available at all facilities, and features seasonal programs, camps, sports leagues and more.

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