



18 East 22nd St.
Kearney, NE 68848-1180
(308) 233-3214
www.cityofkearney.org

CITY OF KEARNEY **PRESS RELEASE** ***For Immediate Release***

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Point of Contact: Marty Browne, Recreation Coordinator, 308-233-3862

Stay Fit Walking

The Kearney Park and Recreation Department is currently taking registrations for the Stay Fit Walking Program. This program is designed to get participants active and get walking! Participants can walk anywhere they would like; Hilltop Mall, around your neighborhood, trails, etc. The program will begin November 1 and will end March 31; however, we will take registration until February 28. There is no age restriction and the cost of the program is \$10. At the end of each month participants must email kpr.recsports@gmail.com with their name and number of miles they walked each month. Participants who record a certain number of miles each month will be entered into a monthly prize drawing. The top five participants with the most miles will be entered into a drawing. If participants submit their miles for every month, they will receive a t-shirt at the end of the program. Every month a guest speaker will discuss various topics that will assist you with your fitness journey. If participants watch the speaker live, they will be entered into a drawing. More information about the program will be sent out via email by Friday, October 27. To register or for more information: call 308-237-4644, or sign up online at kprreg.org.

Check out our website at www.cityofkearney.org.

We are sending this News Release as a service to the news media and citizens of Kearney.