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

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### **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 including the new Kearney SportsPlex. The program will begin May 1 and will end September 30; however, we will take registration until August 31. There is no age restriction, and the program costs \$15. At the end of each month, participants must email [kpr.recsports@gmail.com](mailto:kpr.recsports@gmail.com) with their name and the number of miles they walked. Participants who exceed 20 miles in one month will be entered into a monthly prize drawing. If participants submit their miles for every month, they will receive a t-shirt at the end of the program. A guest speaker will discuss various topics each month that will assist participants with their fitness journey, which will be a Facebook Live in the Stay Fit Walking Group on Facebook. Stay Fit Walking is sponsored by Sporting Edge who help provide the prizes for the monthly drawings. To register or for more information: Please call 308-237-4644 for more information, or sign up online at [KPRreg.org](http://KPRreg.org).

**Check out our web site at [www.cityofkearney.org](http://www.cityofkearney.org).**

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