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

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Stay Fit Walking Sponsored by Sporting Edge

The Kearney Park and Recreation Department is currently taking registrations for the Stay Fit Walking Program, sponsored by Sporting Edge. This program is designed to get participants active and get walking! Participants can walk anywhere they would like, such as Hilltop Mall, Kearney SportPlex, or on the trails. The program will begin November 1 and will end March 31; however, we will take registration until February 28. There is no age restriction. The cost of the program is \$15. At the end of each month participants must email kpr.recsports@gmail.com with their name and number of miles they walked for the 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 also 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 to support participants on their fitness journey. If participants watch the speaker live, they will be entered into a drawing. 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.