



Contact: Debbie Wilmot
Public Information Officer
City of Lafayette
www.cityoflafayette.com
debbiew@cityoflafayette.com
1290 S. Public Road
Lafayette, CO 80026
Phone 303.665.5588 ext.3455

Press Release

FOR IMMEDIATE RELEASE

Lafayette Recreation Department and Exempla Good Samaritan Hospital to host next Walk with a Doc Program on September 8

Lafayette, CO September 4, 2012 – The Bob L. Burger Recreation Center will host the monthly Walk With a Doc walking program on Saturday, September 8 at 9:00 am. Walkers will meet at the Recreation Center and enjoy a refreshing and rejuvenating 1 mile walk along the [heART Walk](#) route with Dr. Barry Platnick of Exempla BlueStone Advanced Surgical Care. Dr. Platnick will provide support to the walkers and answer questions during the walk.

“This program has had tremendous participation and tremendous success in many other cities around the country,” said Karen Snortland, General Programs Supervisor with the Lafayette Recreation Department. “We’re very pleased to be partnering with Exempla and to offer this exciting and simple program that shows such improved health results for so many people.” Walk With a Doc is a national non-profit organization whose mission is to encourage healthy physical activity in people of all ages, and reverse the consequences of a sedentary lifestyle in order to improve the health and well-being of the country.

Exempla Hospital and the Recreation Center encourage anyone in the community to join the walk. This is a FREE program and pre-registration is handled through the Bob L. Burger Recreation Center either online or in person. The first 10 registrants will receive a pedometer. Future walks will be held the first Saturday of every month at 9:00 through October.

Date: Saturday, September 8 (the first Saturday of every month)

Time: 9:00 am

Location: Bob L. Burger Recreation Center / 111 W. Baseline Rd / Lafayette, CO

Cost: Free

September 8 topic: **Varicose Vein Treatment Options;** **Registration Code #235340-F**

Varicose veins are often mistakenly thought to be only a cosmetic condition when they can be a symptom of a more serious condition, called venous reflux disease. If you have aching, tired or weak legs, especially after long periods of standing or sitting, you may have varicose veins.

According to the American Heart Association, walking as little as 30 minutes a day can provide these health benefits, as well:

- Improve blood pressure and blood sugar levels
- Help maintain a healthy body weight and lower the risk of obesity
- Enhance mental well-being
- Reduce the risk of osteoporosis

To pre-register for the walk, go to www.cityoflafayette.com/registration or register in person at the Bob L. Burger Recreation Center. The first 10 registrants will receive a free pedometer.

About Walk With a A Doc: WWAD is a non-profit organization that encourages healthy physical activity in people of all ages, and reverse the consequences of a sedentary lifestyle in order to improve the health and well-being of the country. "Just Walk™" Walk with a Doc has over 51 active programs and is in 4 countries. To learn more, go to www.walkwithadoc.org

#