



## GO GURNEE Fact Sheet

### MISSION

**GO GURNEE** is a community wellness movement, presented by Gurnee Park District, designed to increase community health and wellness through education, service, spirit and innovation.

Drawing on collaborations with community members, government agencies, clubs as well as businesses, schools and religious organizations, **GO GURNEE** seeks to create more awareness of the many programs and services that support these values.

### BACKGROUND

Last September, Gurnee Park District attended the National Recreation and Park Association Conference where the U.S. Surgeon General, Dr. Vivek H. Murthy, was a keynote speaker. During his speech, he explained his call to action for the United States – *Step It Up*. His program focuses on promoting optimal health before disease occurs, health of people at all ages and stages of life as well as everyone should have access to spaces and places that make it safe and easy to walk or wheelchair role. Dr. Murthy explained only a half an hour of walking can significantly improve a person's quality of life and "parks save lives."

The U.S Surgeon General is asking everyone in the nation to play their role in building a great American community, a place where being physically active is not only easier but also more engaging and fun. Dr. Murthy's simple, yet powerful challenge to our nation drove the creation of **GO GURNEE**, a free and accessible program to all residents and friends of Gurnee.

### STAGE 1 – WALKING PROGRAM

The first stage is designed to encourage our community to walk for at least 30 minutes each day. Please join us on Sunday, May 1, 2016 at 6:00 pm in Viking Park (4374 Old Grand Avenue, Gurnee) for our kick-off event and on Wednesday, June 1, 2016 at 6:00 pm in Viking Park for our rally to celebrate and discuss the next steps of the movement.

Our objective at Gurnee Park District is to have the community start moving in the month of May. After the first stage, our goal is to continue this movement with the Park District through local events, programs and products to highlight all the healthy benefits available right here in Gurnee.

## **BENEFITS OF WALKING**

- Weight loss and maintenance of a healthy weight
- Prevent or manage various conditions including: heart disease, high blood pressure and type two diabetes
- Reduces risk of coronary heart disease, breast and colon cancer, osteoporosis and Alzheimer's
- Strengthens bones
- Leads to a longer life
- Enhances mental wellbeing
- Strengthens muscles
- Improves sleep
- Supports joints
- Slows mental decline

## **DID YOU KNOW...**

Gurnee Park District has 27 parks and over 400 acres of open land.

## **CHECK US OUT ONLINE**

Website: **GOGURNEE.com**

Facebook Page: Facebook.com/**GOGURNEE**

Hashtag: **#GOGURNEE**