



NEWS RELEASE

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Instructor training grant to help Vienna offer new way to stay fit

Thanks to an instructor training grant from the National Recreation and Park Association and the Centers for Disease Control and Prevention, the Town of Vienna's Parks and Recreation Department will soon be offering adults ages 50+ a new way to stay fit. Vienna's is one of 40 park and recreation agencies across the country to receive a grant that will allow it to offer the Walk with Ease program.

Developed by the Arthritis Foundation, the Walk with Ease program can help reduce pain and stiffness associated with arthritis; it also benefits people managing other chronic conditions. Studies conducted by the Thurston Arthritis Research Center and Institute on Aging at the University of North Carolina have shown that the program contributes to reduced pain and increased balance, strength, and levels of physical activity.

"Sixty percent of adults in the United State, including people who live right here in Vienna, suffer from one or more chronic conditions," says Recreation Coordinator Kathy Blevins. "This grant allows us to help older adults in our community and provides a new way for Vienna residents to achieve a healthy lifestyle."

Beginning June 3, certified and trained instructors will offer the Walk with Ease program in Vienna through the Parks and Recreation Department. Classes are ideally suited for anyone interested in a low-impact exercise program, and especially those looking to manage chronic conditions. For more information, visit viennava.gov/parksrecguide.

The National Recreation and Park Association is a national not-for-profit organization dedicated to advancing park, recreation, and conservation efforts that enhance quality of life for all people. Through its network of more than 60,000 recreation and park professionals and citizens, NRPA encourages promotion of healthy and active lifestyles, conservation initiatives, and equitable access to parks and public space. For more information, visit nrpa.org.

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