

FOR IMMEDIATE RELEASE

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Grayslake Park District Announces GO GRAYSLAKE
A New Community Movement to Increase Health and Wellness

(Grayslake, IL) March 27, 2018 – The Grayslake Community Park District announces **GO GRAYSLAKE**, a new community movement designed to increase community health through activity, education and collaboration.

“We want to create a culture in our community that promotes physical movement and activity. **GO GRAYSLAKE** is designed to encourage everyone to make a commitment to themselves and get moving for 30 minutes each day,” explains Kristin Splitt, Executive Director for the Grayslake Park District.

Former U.S. Surgeon General Dr. Vivek H. Murthy challenges people of all ages and stages of life to walk at least 30 minutes each day. Inspired by Murthy’s challenge, the Grayslake Park District has partnered with the Lake County Health Department on its county-wide initiative to improve the health of Lake County residents by enhancing and increasing the shared experience of walking.

The **GO GRAYSLAKE** walking initiative is simple: everyone makes a commitment to take a walk every day for the entire month of May at 7pm in their own neighborhoods or at a park/trail of their choice.

In order to start on the right foot, we are planning a Community Walk on Sunday, May 6, 2018 at 11am in Central Park (250 Library Lane, Grayslake). This free walking initiative offers an opportunity to encourage everyone in our community to take part in improving their health and wellness.

There are many benefits to walking 30 minutes every day. Walking can help to prevent and reduce the risk of chronic diseases, premature death and supports positive mental health.

Visit www.glpd.com/go-grayslake and www.facebook.com/GrayslakeParkDistrict to learn more about the physical and mental benefits of walking during. Use #GOGRAYSLAKE to be a part of the conversation and movement.

About the Grayslake Park District: The Grayslake Community Park District is a separate government agency established for the purpose of providing leisure programs, parks and recreation facilities for the community. Our mission statement is: “The Grayslake Community Park District is committed to enhancing the quality of life in the Grayslake Community by providing year round leisure services, preserving open space and fostering community pride.” For more information, please visit www.glpd.com.

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Press encouraged to attend. Photo opportunity.