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FOR IMMEDIATE RELEASE

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New Community Movement – GO GURNEE

(Gurnee, IL) Monday, March 28, 2016 – Gurnee Park District (GPD) announces **GO GURNEE**, 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. **GO GURNEE** is designed to encourage everyone to make a commitment to themselves and get moving for 30 minutes each day” explains, Susie Kuruvilla, Executive Director for Gurnee Park District.

This movement is in response to the U.S. Surgeon General Dr. Vivek H. Murthy’s call to action at the National Park and Recreation conference in September 2015. His challenge focuses on the health benefits for people of all ages and stages of life walking at least 30 minutes each day.

Go Gurnee walking initiative is simple: everyone make a commitment to take a walk every day for the entire month of May at 6:30 p.m. in their own neighborhoods or at a park/trail of their choice.

In order to get a good start, we are planning a kick off event on May 1, 2016 at 6:00 pm in Viking Park (4374 Old Grand Avenue, Gurnee) to walk together as a community. “This free program offers all of us an opportunity to encourage one another and be a part of improving our health and wellness,” stated Jim Goshorn, President of the Park Board of Commissioners for Gurnee Park District.

There are many benefits to walking 30 minutes every day. “Walking helps prevent and reduce the risk of chronic diseases, premature death and supports positive mental health. Gurnee Park District is excited to introduce **GO GURNEE** to our community with the support of our local government partners. I am personally committed to this movement and hope that everyone joins in and makes walking a part of their lifestyle,” stated Kuruvilla.

Visit **GO**Gurnee.com and Facebook.com/**GO**GURNEE to learn more about the physical and mental benefits of walking during and after the first activity is complete. Use **#GO**GURNEE to be a part of the conversation and movement.

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Press encouraged to attend. Elected officials and mayor are expected to be in attendance.