

April 3, 2009

## **Everyone is Invited to Help San Mateo County Celebrate National Start! Walking Day April 8**

**REDWOOD CITY, Calif.** – Members of the public are invited to help San Mateo County and the American Heart Association celebrate National Start! Walking Day on Wednesday, April 8, by joining a noontime walk around downtown Redwood City.

“We encourage everyone who can to join us for a fun 30-minute walk,” said Supervisor Adrienne J. Tissier. “At the County of San Mateo, we want our employees and our residents to be active and fit.”

Walkers will gather at noon in front of 455 County Center, Redwood City. This is the building across a courtyard from the Hall of Justice. Metered parking is available on the street and in the County parking garage at Veterans Boulevard and Middlefield Road.

Physical activity offers many benefits. Research shows that people who get regular, vigorous physical activity like walking could gain two more hours of life for every one hour they exercise, according to the Heart Association.

“National Start! Walking Day! events are being held across the Bay Area so we encourage anyone who can’t make it to Redwood City to join a walk elsewhere,” said Supervisor Richard S. Gordon.

Here is a partial list of National Start! Walking Day events in the Bay Area on Wednesday, April 8:

- Noon-1 p.m., Santana Row, San Jose
- Noon-1 p.m., San Mateo County Building, 455 County Center, Redwood City
- Noon, Justin Herman Plaza in San Francisco, and along the Embarcadero toward Pier 39
- 10 a.m.-9 p.m., Hillsdale Shopping Center, 60 31<sup>st</sup> Ave., San Mateo

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