



NEWS RELEASE

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Preisker Park Soon to Offer Even More Ways to Stay Fit

The scenic beauty of Preisker Park with its trees, pond, open space, and one-mile level trail make this a great area for a few quick laps or nice walk through the pines. Visitors will see some exciting upgrades to this already amazing park, with the installation of nine outdoor exercise equipment stations.

As a result of the Recreation and Parks Department's recent Leisure Needs Assessment, and the expansion of the Active Living programs (for those 50+ years of age), the department is expanding its opportunities to stay fit and connected with those of similar interest.

"For those who are 50 years and over, this allows for one component of active living, which is staying physically active," stated Cindy Hoskins, Recreation Supervisor for the Recreation and Parks Department. "We are also excited to offer an array of wellness classes and social programs to benefit the entire person and I encourage individuals to participate in our activities as part of a healthy and active lifestyle!"

The exercise equipment will be installed and ready to use just in time for the April Showers Community Walk at Preisker Park, 330 Hidden Pines Way, on Saturday, April 12th. The community walks are a free event for all ages and abilities to promote a healthy lifestyle. The grand opening ribbon cutting will take place at 9:50 a.m. and the walk will begin at 10:00 a.m.

Questions may be directed to the Recreation and Parks Department at (805) 925-0951 ext. 260.

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