

For Immediate Release

June 3, 2015

Mayor Simms & Council Invite You to Join “The Big - City Step Out”

MOUNT PEARL, NL – Mayor Randy Simms and Members of Council invite you to celebrate “June is Recreation” month and join them in “**The Big - City Step Out**” fitness walk on **Thursday, June 11 at 7:00 pm**.

“We are fortunate in the City of Mount Pearl to have amazing recreation facilities, parks, and over 60 kms of beautiful scenic walking trails that provide countless recreational opportunities for people of all ages,” says Mayor Randy Simms. “We encourage individuals and families to embrace all that recreation has to offer, not only during June, Recreation Month, but throughout the entire year. Being active is a lifelong healthy habit. It’s great for preventing weight gain, lifting your mood, and reducing your risk of serious diseases, such as heart disease. It takes a while for a regular activity to become a healthy habit, so just keep going and it will become second nature.”

Residents and visitors are asked to meet at the Mount Pearl Summit Centre at 7:00 pm where a guided fitness walk will begin along the City of Mount Pearl’s beautiful scenic trails, followed by healthy snacks and refreshments served at the Summit Centre.

Please join us on Thursday, June 11!

- 30 -

For additional information, please contact:

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