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### **"Parks and Recreation in Your Community"**

#### **Walking in City of El Cajon Parks: The budget-friendly way to better health!**

Is the cost of a gym membership keeping you from getting exercise? El Cajon City parks are the perfect place for your easiest exercise system - walking! The benefits of walking are numerous: 1) walking can add years to your life and it's free, and, 2) walking conditions your heart and lungs and improves your body's ability to use oxygen more efficiently!

Fact: In one study, women who walked briskly (3-4 mph) at least three hours a week cut their risk of heart attack and stroke by more than half. Walking is easy on the mind, lessens stress and helps lighten depression. Beginning walkers usually report that they feel and sleep better, and that their mental outlook improved. Just put on a pair of sturdy, comfortable shoes and go!

Check out the City's website to view pictures and descriptions of our local parks at [www.elcajonrec.org](http://www.elcajonrec.org) and clicking on "Parks" at the bottom of the page.

For more information about El Cajon Recreation Department parks, facilities, programs, classes and events call (619) 441-1754 or go online to [www.elcajonrec.org](http://www.elcajonrec.org).