



CITY OF BLUE SPRINGS, MISSOURI MEDIA ADVISORY

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FOR IMMEDIATE RELEASE

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Blue Springs Mayor Invites Citizens to "March with the Mayor"

Friday, April 9 at Noon at Blue Springs City Hall

Blue Springs, Mo. – City of Blue Springs Mayor, Carson Ross, invites citizens to celebrate Spring and good health, and join him for a 30-minute walk on Friday, April 9 beginning at Blue Springs City Hall, 903 W. Main Street. Mayor Ross will welcome walkers and stretches will begin at noon, with the walk through downtown Blue Springs beginning at 12:15 p.m.

Mayor Ross will be leading the walk to emphasize how easy it is to put on your tennis shoes and get moving over your lunch hour. Mayor Ross stated "experts say that 30 minutes of daily movement helps promote increased wellness and a heart-healthy lifestyle."

In 2009, Mayor Ross led two Marches with nearly 200 participants joining these events. The Mayor is hoping for a similar turnout in 2010. Mayor Ross stated, "I'm proud that the successes of the Marches in 2009 have resulted in a weekly walking group in the City known as the WOW Group (Wednesday One O'Clock Walkers); these regular community activities are designed to get us moving – striding towards increased fitness and better health."

The event is co-sponsored by the Blue Springs Employees' Biggest Loser Wellness Challenge and Blue Springs Families in Training (F.I.T). For information about the "March with the Mayor" or the "Wednesday One O'Clock Walkers Group," contact Sheryl Morgan at (816) 655-0495.

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