



City of Seattle

Gregory J. Nickels, Mayor

Seattle Parks and Recreation

Timothy A. Gallagher, Superintendent

Dear Seattle Resident,

As you may have heard, America is currently battling a staggering rise in obesity rates across the country, and King County is no exception. Believe it or not, 54% of King County adults were deemed overweight in 2004; this is up from 37% in 1987. Obesity can lead to significant health problems including diabetes, increased risk for certain types of cancer, and heart disease. Statistics show that just 30 minutes of moderate exercise most days of the week, combined with a healthier diet, can be enough to make a difference.

So how can you help us change lives? Seattle Parks and Recreation offers endless opportunities to achieve those 30 minutes of moderate exercise—trails, playgrounds, gyms, pools, fitness classes, athletic fields, beaches—and the list goes on. In partnership with Public Health – Seattle & King County, Seattle Children's Hospital and others, we encourage residents to use our public system of parks, pools, community centers and golf courses to get fit and learn about making good nutritional choices. Our initiative is called "Healthy Parks, Healthy You." We want you to join us and be part of the healthy solution.

On Saturday, August 22, 2009, we are having our second annual "Healthy Parks, Healthy You" event at Seward Park that will feature a day of healthy, fun activities, fitness demonstrations, information booths, a 5K Fun Run/Walk, guest speakers, and a live concert! There are several ways you can get involved with the "Healthy Parks, Healthy You" event:

- Become a sponsor for the event
- Become a vendor at the event
- Donate healthy items for the Fun Run goodie bags
- Participate in the Fun Run and the event
- Help us spread the word!

If you are specifically interested in becoming a sponsor for the event, please call Corey Myers at 206-684-4181, or e-mail her at corey.myers@seattle.gov, and she will provide more information about sponsorship opportunities and benefits.

Health and fitness is something that is very important to me personally and I'm excited to work in an agency that feels the same and "walks the walk." By using the "Healthy Parks, Healthy You" initiative to involve others of like mind, we will have a positive impact on the lives of people all over Seattle. In my view, a healthy city is a happy city. Will you join us?

Sincerely,

A handwritten signature in blue ink, appearing to read "Tim Gallagher".

Tim Gallagher, Superintendent
Seattle Parks and Recreation

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