



BROWARD COUNTY COMMISSION NEWS RELEASE

Parks and Recreation Division • 950 N.W. 38th St., Oakland Park, FL 33309
Phone: 954-357-8100 • Fax: 954-561-5359 • www.broward.org/parks

FOR IMMEDIATE RELEASE

Date: October 8, 2007
From: Cyndy Baker

Phone: 954-357-8117
Email: cybaker@broward.org

THREE ORGANIZATIONS TAKE LEAD IN BATTLE OF THE BULGE

- *Interagency collaboration geared to reducing rising obesity problem –*



The Broward County Parks and Recreation Division, Broward County Health Department, and Commit 2B Fit™ are pleased to announce a new partnership initiative, **PRESCRIPTION FOR PHYSICAL ACTIVITIES**. This new program, in cooperation with local physicians, is designed to create awareness of the abundance of fitness opportunities available at county parks and to help reduce the rising obesity problem in the United States.

Using prescription pads provided by Broward County Health Department, physicians will be able to prescribe light, moderate, or vigorous activities to patients whose health would greatly improve through increased physical activity. Patients will also be given a list of Broward County park locations with available activities.

Patients will have a choice of 15 regional and six neighborhood parks, three nature centers, and nine natural area sites to choose from with activities ranging from walking to cable water-skiing. Parks and Recreation staff will be available to provide information on the various activities by level of strenuousness. Patients can also sign up for the Commit 2B Fit™-It Starts in Parks program. This successful year-old program encourages people to get active for at least 30 minutes at a time, six times a month. Participants become eligible for quarterly prizes after submitting a completely stamped Commit 2B Fit™ Rewards Card.

Area physicians who would like to participate in "Prescription for Physical Activity" should contact Ellen Feiler, Health Education Director at Broward County Health Department, at 954-467-4807; or visit the Broward County Parks and Recreation Division Website at www.broward.org/parks or the Commit 2B Fit™ organization's Website at www.commit2Bfit.org.

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Individuals with disabilities requiring accommodations in order to participate in County programs, services, and activities must contact the Special Populations Section at 954-357-8170 or TTY 954-537-2844 at least ten (10) business days prior to the scheduled meeting or event to request an accommodation.