

WOMEN OUT WALKING



- The Cleveland Heights Parks and Recreation Department developed a free new health & fitness program encouraging women to walk daily & increase the use of the beautiful City park paths.
- 12 week walking program from April 10 - July 10
- Participants received a WOW t-shirt, water bottle and pedometer.
- Dee Marsky 216-691-7372
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- First year goal was 100 participants. Over 150 women signed up.
- WOW participants track their steps for 12 weeks and log them on the City's website.
- Dee Marsky (General Recreation Supervisor) & Amy Jenkins (Office on Aging Supervisor) coordinate WOW activities with help from volunteers and an intern.
- The City partnered with local businesses & local hospitals for WOW related programs, sponsorships, giveaways and discounts.

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- **WOW has increased the use of City park paths & trails. Over 110 women walked 1.5 miles on the City's Forest Hill Park path at the kick-off event.**
- **Wow is increasing the overall health of the city through activities for women & raising awareness of the benefits of walking & exercise.**
- **Increased exposure to Parks and Recreation programming**
- **Encourages participants to utilize all of the resources & info made available to them.**

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- *Great opportunity to meet other women*
- *The WOW program is helping with my weight loss*
- *I have ventured into new areas of the City I haven't been too!*
- *Opportunity to try new programs and classes*
- *Having FUN!*



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Photo(s)

- This slide is optional – for award evaluation

See *NOTES* section

