



## Mundelein Park & Recreation District

<http://www.mundeleinparks.org>

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# NEWS RELEASE

**FOR IMMEDIATE USE**

**June 4, 2018**

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### **NEW COMMUNITY MOVEMENT-GO MUNDELEIN**

*Kicks off at the annual Freedom Classic 5K*

**Mundelein, Illinois**—Mundelein Park & Recreation District announces GO MUNDELEIN, a free, new community movement designed to increase community health through activity, education and collaboration.

The GO MUNDELEIN walking initiative is simple: everyone makes a commitment to take a walk every day in their own neighborhoods or at a park/trail of their choice. Mundelein Park District is kicking off the GO MUNDELEIN initiative at the annual Freedom Classic 5K at Community Park on June 30. Come cheer on the 5K racers at 8 am and then join us for an opportunity to walk 1.5 miles together as a community! This is the first of many planned monthly walks that Advocate Condell

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## GO MUNDELEIN

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Medical Center will partner with Mundelein Park District to bring the movement to Mundelein.

“We want to create a culture in our community that promotes physical movement. GO MUNDELEIN is designed to encourage everyone to make a commitment to themselves and get moving for 30 minutes each day” explains Margaret Resnick, Executive Director of Mundelein Park District.

This movement is in response to the former U.S. Surgeon General Dr. Vivek H. Murthy’s call to action at the National Park and Recreation conference in September 2015. His challenge focuses on the health benefits for people of all ages and stages of life walking at least 30 minutes each day. The “GO” initiative was founded by the Gurnee Park District who has partnered with the Lake County Health Department and Community Health Center and the Live Well Lake County movement to expand Go initiatives into all Lake County communities.

There are many benefits to walking 30 minutes every day. Walking can help to prevent and reduce the risk of chronic diseases, premature death and supports positive mental health. Mundelein Park District is excited to introduce GO MUNDELEIN to our community with the support of our local government partners.

Visit [mundeleinparks.org](http://mundeleinparks.org) and follow us on Facebook (@mundeleinparks) to learn more about future GO MUNDELEIN events in the community. Use #GOMUNDELEIN to be a part of the conversation and movement.

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