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DOWNTOWN IN MOTION PROGRAM LAUNCHED

MURFREESBORO, Tenn. – The City of Murfreesboro Parks and Recreation Department has launched a brand new fitness program, “Downtown in Motion” designed to foster fitness and health while providing for a positive impact for the entire community.

The program was funded by a Tennessee Department of Health grant and the program recommends an exercise regimen to help support healthy lifestyles and encourage residents to use and enjoy the City’s downtown area.

The program is an effort to encourage awareness about the benefits exercise has on Type 2 Diabetes. Walking 30 minutes a day, five days a week, can help prevent Type 2 Diabetes. Type 2 Diabetes is one of the leading health problems in Tennessee, according to the Tennessee Department of Health.

MPRD has designed walking maps of the downtown area complete with mileage to assist the public with information on the length of each walking route so they can plan their time. They also plan to expand the program with phone apps in the future to assist walkers with logging in their progress.

“Downtown in Motion” is an important part of the City’s continued efforts to create a healthier and more vibrant community by providing more opportunities for residents to exercise and spend time outdoors in our historic downtown” said Lanny Goodwin, Parks and Recreation Director. “I applaud our community partners in assisting with the funding for this program, and for all of the downtown merchants that have been so willing to participate in the program.”

MPRD held an ‘open house’ on the Rutherford County Courthouse lawn June 27 that allowed members of the public to come by, meet staff and sign up for information on the new “Downtown in Motion” project.

The event was held midday to encourage downtown workers to walk during their lunchtimes. Approximately 351 people came by the tent to learn more about “Downtown in Motion.”

“The City of Murfreesboro is dedicated to promoting the importance of physical activity,” said Murfreesboro City Manager Rob Lyons. “We’re happy to provide information to help people living in the City of Murfreesboro live healthier lives.”

For information concerning “Downtown in Motion”, including walking maps for download, please visit <http://www.murfreesborotn.gov/downtowninmotion>. To view promotional video please visit <http://youtu.be/oMjmuGwOO10>