

# Health Unit Media Release

For Immediate Release: Sept 27, 2007



## Join the Health Unit staff for a “Walkolution”

**The staff at Leeds, Grenville and Lanark District Health Unit will be participating in the Ontario World Record Walk on October 3.**

At 12:30 p.m. staff will walk a minimum of one kilometre, joining many other schools, workplaces, clubs and organizations across Ontario that want to break the Guinness World Record for the largest number of people walking one kilometre simultaneously. The current world record holder is Western Australia with 100,915 participants in 2006.

**Another goal of the World Record Walk is to start a “Walkolution” to encourage people to walk in their communities. This includes walking to and from work and school, as well as during the day.**

The Rideau Environmental Action League’s Climate Change Action Team is sponsoring the World Record Walk at two locations in Smiths Falls on October 3, 2007. **It is scheduled for Centennial Park and Cornelia Court in Smiths Falls.**

“It is just an opportunity for people to get out and walk as opposed to using motor vehicles, and promote physical exercise, and of course participate in a fun and potential record setting event.” states Mr. Ken Graham, Chair of the Board of Health of the Leeds, Grenville and Lanark District Health Unit.

**Wednesday October 3 is also International Walk to School Day.** This would be a great way for schools to celebrate this day and join the many organizations trying to break the world record. This World Record Walk is being organized by Green Communities Canada with the support of the Ministry of Health Promotion.

It isn’t too late to register. Go to [www.worldrecordwalk.ca](http://www.worldrecordwalk.ca) and register online.

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