

CITY OF SACRAMENTO  
MEDIA ADVISORY



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DEPARTMENT OF PARKS AND RECREATION

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FOR IMMEDIATE RELEASE

## Older Adults Stay Fit at Jacinto Creek Park with the Help of New Exercise Stations

**Sacramento, California, November 14, 2007**— Local media are invited to join Councilmember Bonnie Pannell and residents as they unveil four new exercise stations at Jacinto Creek Park. The stations are specifically designed to help older adults stay fit. The unveiling will take place on **Thursday, November 15<sup>th</sup>**, from **10 a.m. to 11:30 a.m.** A fitness instructor will be present to provide advice and instruction.

The purchase and installation of the exercise stations was made possible by a \$100,000 grant from the Department of Parks and Recreation-managed Ethel MacLeod Hart Trust Fund for Senior Citizens. The stations will allow older adults to engage in age-appropriate strengthening, flexibility, and balancing exercises.

"Numerous studies have shown that physical activity can result in dramatic health benefits for people of all ages, but especially for older adults," said Rosanne Bernardy, Superintendent for Older Adult Services. "Even moderate exercise—like using the new fitness equipment—can lead to years of active, independent living."

### Details

**Event:** Unveiling of Exercise Stations for Older Adults at Jacinto Creek Park  
**Time:** 10 a.m. to 11:30 a.m.  
**Date:** November 15, 2007  
**Location:** Jacinto Creek Park – West Stockton Blvd. & Melville

Media-related inquires can be forwarded to Hindolo Brima, Media and Communications Specialist, Department of Parks and Recreation, at (916) 808-5972.

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