



FAIRFAX COUNTY PARK AUTHORITY

12055 Government Center Parkway, Suite 927 • Fairfax, VA 22035-5500
703-324-8700 • Fax: 703-324-3974 • www.fairfaxcounty.gov/parks



For Immediate Release

Judy Pedersen, PIO

June 17, 2015

E-mail: parkmail@fairfaxcounty.gov

PR-050

Press Inquiries: 703-324-8662

Healthy Strides Race, Expo Presented NACo Award

The Fairfax County Park Authority's Healthy Strides Community 5k/10k Race and Expo will receive a 2015 Achievement Award next month at the National Association of Counties (NACo) 2015 Annual Conference and Exposition. NACo's annual awards program is designed to recognize innovative county government programs, and the Healthy Strides event is being honored in the Parks and Recreation category.

Applications are judged on such criteria as demonstrated community impact, innovation, community/county partnership, and transferability -- qualities that enable it to be replicated by other counties. The race and expo are signature events for the larger *Take 12 Steps for Health* program which encourages manageable lifestyle changes to produce measurable health benefits, with one healthy goal per month.

Program organizers note that Healthy Strides events and the Take 12 program has accelerated the agency's participation in regional and national health initiatives including Partnership for a Healthier Fairfax's Live Healthy Fairfax initiative, the Northern Virginia Healthy Kids Coalition, and as participants in the Fairfax Community Health Improvement Plan. The real outcomes are measured in the lives of individuals and their families who adopt healthier lifestyles.

The Healthy Strides Expo featured more than 60 wellness exhibitors and interactive learning activities and the Healthy Strides Community 5k/10k race is a professionally-run event that targets members of the community who might normally be intimidated to run a race. Next year's race and expo are scheduled for April 22-23, 2016.

For more information about the awards, contact the Public Information Office at 703-324-8662.



If accommodations and/or alternative formats are needed, please call (703) 324-8563, at least 10 working days in advance of the registration deadline or event. TTY (703) 803-3354.