

## **RRCA National Run @ Work Day**

With obesity a national epidemic and sedentary lifestyles becoming far too common, the Road Runners Club of America (RRCA) introduces its first annual National Run @ Work Day on September 22<sup>nd</sup>. This event evolved from the National Run to Work Day, founded by the Road Runners Club of America in 1997, in order to elicit greater participation from areas that lack adequate public transportation and pedestrian networks.

The goal of the RRCA National Run @ Work Day is simple: to raise public awareness about the importance of daily physical activity. Regular physical activity has numerous health benefits, as activity can help thwart weight gain; lower the risk of diabetes, heart disease, osteoarthritis, and high blood pressure; lower the incidence of obesity; and help control health related medical costs.

Individuals nationwide, either independently or within a group, are encouraged to incorporate at least thirty five minutes of exercise before work, during lunch, or immediately following work on September 22<sup>nd</sup>. Company-based wellness programs, running clubs, and human resource departments are encouraged to provide employees with fun opportunities for exercise as part of the National Run @ Work Day.

Be a trailblazer at your place of employment. Run on your own or encourage others to join you on a fun run. If your company is not planning on participating or is not aware of this great program, speak with human resources or management about joining the RRCA for the National Run @ Work Day. For greater health benefits, make the week of September 18<sup>th</sup> – 22<sup>nd</sup> Run @ Work Week!

Share your success! We would love to hear about the efforts of your company and fellow workers. Submit pictures, positive feedback, number of participants and mileage logs to Trails and Open Space Coalition by October 1<sup>st</sup> and we may share it with our community on our website or in the winter newsletter!

For more information, please contact TOSC at 719 633 6884 or the RRCA at [www.rrca.org](http://www.rrca.org).