



FOR IMMEDIATE RELEASE
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Governor's Council Encourages Community Participation at Local Event

The 2011 What About You Walk has been recognized as a quality physical activity event by the Governor's Council on Physical Fitness.

The What About You Walk began with the belief that everyone should have an opportunity to live their best life and help bring that belief into being. It is a multiple charity fundraising event to raise funds and awareness for select charities that in some way touch the lives of us all today. It is an event to benefit our children, adults in need, families, our veterans and the environment. No one is left behind!

WHEN: Saturday, September 24th
Registration 9:00AM, 5K/1 Mile Run 10:00AM, 5K/1 Mile Walk 10:30AM

WHERE: Old Picnic Shelter in Gallup Park at 3000 Fuller Rd, Ann Arbor, MI 48105

Individual participants, families and teams are welcome to be part of this special event! Choose to walk or run on our 5K and 1 mile trails in Ann Arbor's most popular recreational park. Visit our Charity Expo and learn about what organizations are doing for our community. Explore ways to maintain a healthier lifestyle at our Health and Wellness Fair. A free BBQ lunch will be served by Damon's Grill of Ann Arbor with healthy food choices. Participants are invited to enjoy an afternoon of family fun activities, entertainment, great food, and prize giveaways all while making a difference in a cause that is most important to them! For a list of participating charities and more information about this event, visit <http://www.whataboutyouwalk.com>.

The Governor's Council endorses local, regional and state events to acknowledge an organization's ability to plan and carry out a quality event that significantly contributes to the health and well-being of Michigan residents. The 2011 What About You Walk exemplifies this core value and is endorsed by the Governor's Council.

"By endorsing local events all across the state, we hope to bring attention to the importance of physical activity and encourage our citizens to take responsibility for their health," said Marilyn Lieber, president and CEO of the Governor's Council. "These local events can have a tremendous impact on health care costs that present a significant challenge for our state's economy."

Our charities have said, "The public awareness this event brought to our organization was most beneficial." "Thank you all for a wonderful opportunity to express many passions and causes in a healthy way!"

In order to become an endorsed event, an organization must complete an application form for review. Some criteria that is taken into consideration includes providing a positive, safe physical activity experience using qualified officials and benefiting a nonprofit or charitable organization.

For more information about the Governor's Council's endorsement program, please visit www.michiganfitness.org/endorsements/index.php.

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