PRESS Release

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FOR IMMEDIATE RELEASE
SEPTEMBER 19, 2014

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COMMUNITY POOL TO PARTICIPATE IN "WALK ACROSS TEXAS" – AQUA STYLE

ROCKPORT, TX – The Community Aquatic Center is teaming up with Texas A&M AgriLife Extension for the annual "Walk Across Texas" program, which helps Texans establish the habit of regular physical activity. The program kicks off on September 30 and continues through November 25.

Rather than walking the equivalent of 830 miles, participants can substitute the equivalent of water walking, water aerobics or lap swimming. By exercising in the pool for two and a half hours a week, over a course of eight weeks, an individual would easily obtain the stated goal.

Participants will be assigned to a team and will share their progress with a team leader. Weekly team mileage is entered on the Walk Across Texas website to show how each team is doing. The team that walk farthest "across Texas" will win, but everyone who participates will take home a healthy habit. Additionally, all local participants will be treated to a banquet following the event.

Last year, 8 individuals took part in the challenge. Their combined total was more than 3,500 miles. To date, 48 walkers on 6 teams have registered.

The program is free, but pool admission charges are in effect. The pool is open year round and is heated during the winter. A monthly schedule is posted on the city's web site – www.cityofrockport.com. For additional information or to obtain a pool pass, visit the Community Aquatic Center at 2001 Stadium Drive or call 727-9989.

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