



NEWS RELEASE

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First Annual Metal and Muscle Expo To Introduce Paralympic Sports to Injured Service Members

New partnership between U.S. Paralympics and Houston Parks and Recreation Department creates sport and recreation opportunities for injured service members.

The Houston Parks and Recreation Department and U.S. Paralympics, a division of the U.S. Olympic Committee (USOC), have partnered to create the First Annual Metal and Muscle Expo sponsored by the US Paralympic Military Program, specifically for injured military men and women. The Expo will take place on January 17, from 9:00 a.m. - 5:00 p.m., at the George R. Brown Convention Center, 1001 Avenida de las Americas, Hall D.

With 21 million Americans with physically disabilities, including thousands of military personnel who've been severely injured while on active duty, this is an important community need.

"It is critical for our injured service members to have the opportunity to be physically active in their communities as part of the rehabilitation process," said Charlie Huebner, USOC Chief of Paralympics.

"There is an incredible healing power that comes from once again being active with your friends or family following a disabling injury. The USOC is pleased to partner with the Houston Parks and Recreation Department to help our nation's heroes return to living healthy, active lifestyles."

The First Annual Metal and Muscle Expo sponsored by the US Paralympic Military Program will introduce attendees to Paralympic sports including sitting volleyball, wheelchair basketball, airgun shooting and judo for the blind. Attendees can also test their agility at a challenge slalom course, play power soccer, challenge slalom, participate in amputee walking/running clinics, meet Paralympic athletes and coaches and much more.

"We are very thankful to our partner, the USOC for helping us bring the Metal and Muscle Expo to Houston," said Joe Turner, Director Houston Parks and Recreation Department. "Exercise and fitness are lifelong activities needed to maintain a healthy and active lifestyle. We hope that the Metal and Muscle Expo will motivate attendees to stay active and improve their quality of life."

(more)

The First Annual Metal and Muscle Expo sponsored by the US Paralympic Military Program is being coordinated by the Houston Parks and Recreation Department's Adaptive Recreation Section. Attendees can preregister for the event by calling Peggy Turner at (713) 447-0736 or by email at peggy.turner@cityofhouston.net.

About U.S. Paralympics:

U.S. Paralympics, a division of the U.S. Olympic Committee, is dedicated to becoming the world leader in the Paralympic sports movement and to promoting excellence in the lives of persons with physical disabilities. Visit the U.S. Paralympics website at www.usparalympics.org.

For more information about U.S. Paralympics Military Program, please contact Beth Bourgeois at (719) 866-2039 or beth.bourgeois@usoc.org.

About the Houston Parks and Recreation Department:

The Houston Parks and Recreation Department oversees the management and stewardship of the city's 350 developed parks and provides programming and recreational opportunities for people of all abilities. For more information on the Houston Parks and Recreation Department visit www.houstonparks.org.

For more information on the First Annual Metal & Muscle Expo or on the Houston Parks and Recreation Department, call (713) 865-4537 or visit www.houstonparks.org.