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## PRESS RELEASE

**FOR IMMEDIATE RELEASE**

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### **Celebrate Worldwide Day of Play! AT HPARD Community Centers**

The Houston Parks and Recreation Department and Nickelodeon invite everyone to turn off the TV and go outside and play! On Saturday, September 29, 2007, HPARD will host the Worldwide Day of Play at community centers in parks all over town. A day filled with fun and games has been planned to promote a heart-healthy lifestyle and the development of exercise and regular outdoor activity as a habit among young people in our city.

"There is nothing better for young people than regular exercise and fast-paced fun," said Joe Turner, Director, Houston Parks and Recreation Department. "So many young people take their health for granted and spend their spare time indoors that we face a fitness crisis in the future. The time to get them interested in regular physical play is when they are forming life habits, and a great way to start is to join in Saturday's fun at the community center!"

Participating HPARD community centers will coordinate a variety of fun filled activities including obstacle courses, basketball tournaments, biking, relay races, beanbag tosses and many other activities. Information on how to keep fit and healthy will also be available.

For additional information about the Houston Parks and Recreation Department or the Worldwide Day of Play, call (713) 845-1135 or visit [www.houstonparks.org](http://www.houstonparks.org).