

Media Contact

Troy Ellen Dixon  
Marketing and Communications  
(203) 563-0056  
tdixon@westporty.org

Program Contact

Eyal Gonen  
Membership and Fitness  
(203) 226-8981 x129  
egonen@westporty.org

For Release:      Immediate



***America On the Move Week Exceeds Expectations.  
Close to 700 People Take 12 Million Steps Toward a Healthier Lifestyle.***

**Westport CT, October 15, 2007** – During the week of September 22 – 29, the Westport Weston Family Y joined in a nationwide YMCA event to promote active living and healthy eating. Kicking off *America On the Move Week* with an event at Jesup Green, the Family Y registered members and people from the community at large to participate in a variety of healthy living programs and activities – offered to the public absolutely free – that were held at the Family Y and around Westport.

“Our goal was 200 participants,” says Eyal Gonen, Senior Director of Membership and Fitness, “but we had 693 people, many of whom are not current members of the Family Y.”

Activities in this year’s event included the Mahackeno Walk, Family Boot Camp, Juggling, Water Walking, Aqua Biking, Boxing, Dancenergy, Yoga, Broadway Dancing, the Compo Beach Bike Tour, Karate and a Fencing Expo.

In addition to the goal established for number of participants, the Family Y set a target of 2 million steps that would be taken during the week and which would contribute to the national goal of 10 billion steps. Gonen says they exceeded expectations in this area as well. “We recorded 12,509,007 steps. Senior Director of Aquatics Martin Slattery held a Marathon Swim in which 28 participants swam for six hours, logging more than 200,000 steps. Most notable is the fact that we achieved our overall event goal of 2 million steps with the Aqua Fitness classes led by Patty Kondub.”



# P R E S S   R E L E A S E

---

59 Post Road East | PO Box 190 | Westport CT 06881-0190

As well as the fitness activities, the Family Y also hosted three health-related lectures – each of which featured lively discussions between audience members and the lecturer. The Westport Weston Health Department, Advanced Healthcare Professionals and a Reiki Master partnered with the Family Y on a health fair that included blood pressure screening, pressure point therapy, Reiki sessions (a Japanese technique for stress reduction and relaxation that also promotes healing) plus information and advice on healthcare.

According to Gonen, “*America On the Move Week* was even more successful than we anticipated it would be. Members and non-members alike came together in a common purpose, with many of the participants indicating a desire to continue building on the attitudes and activities for healthy living that they developed during the week.”

David Cohen, Vice President of Operations, notes that a primary objective of the Westport Weston Family Y is to positively impact the quality of life in the communities it serves. “Our participation in *America On the Move Week* and the national *Activate America* initiative allows us to achieve this objective.”

Continuing on that subject, Cohen states that the Family Y “is making a local, public commitment to expand its leadership role in supporting healthy living within the community. Toward that end, we have many year-round programs for people of all ages and abilities.”

## **About the Westport Weston Family Y**

The Westport Weston Family Y is an affiliate of the YMCA of the USA and a partner agency of the United Way of Westport and Weston. Its mission is to build strong kids, strong families and strong communities. The Westport Weston Family Y is governed by two boards comprised of 43 community volunteers. For additional information about the organization and programs, visit [www.westporty.org](http://www.westporty.org).