

**FOR IMMEDIATE RELEASE**

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**POLE WALKING... THE NEW CORRECTIVE EXERCISE!**

North Fort Myers, FL January 25, 2012- Pole walking is the new corrective exercise. Improve your posture, burn calories, build bone density and increase your cardio stamina. These are the many benefits of walking with specialized poles. Lee County Parks & Recreation is offering Pole Walking at the North Fort Myers Community Park located at 2021 North Tamiami Trail, behind the North Fort Myers library. Morning and evening classes begin in February. Each session offers 8 classes for only \$30. All fitness levels are welcome to sign up.

Local resident Lindy Smith, trained walking instructor for 10 years will teach you everything you need to know to become and "upright citizen". With a pair of walking poles in your hands, a basic stroll becomes a surprisingly easy full body workout. Wear comfortable clothing, closed toe shoes, and bring a water bottle. Walking poles are provided each class.

Questions regarding the February/March Pole Walking classes contact Libby Olive at (239) 652-4512 or email [Lolive@leegov.com](mailto:Lolive@leegov.com).  
To register for classes visit [www.leeparks.org](http://www.leeparks.org) or call (239) 533-7440

CALENDAR LISTINING

**Morning Classes**

Feb 21 – March 15 (8 classes) Tues/Thurs 8:30-9:15a.m. \$30

**Evening Classes**

Feb. 27 – March 21 (8 classes) Mon/Wed 5:30-6:15 p.m. \$30