



FOR IMMEDIATE RELEASE

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### Hike For Your Health at Cincinnati Nature Center

The Cincinnati Nature Center launched its annual "Hike for Your Health" program on June 1, 2009. After hiking 17 miles on CNC's 10 award winning trails, participants will be awarded a draw-string backpack. Hikers can buy their hiking passports for \$5.00 at the visitor center and receive a stamp for each trail they complete.

"Hiking has so many benefits for people of all ages," said Bill Hopple, Executive Director at Cincinnati Nature Center, "It's proven that hiking reduces the risk for heart disease, slows the aging process, and helps you lose those extra pounds. By having this program, we are promoting the incredible benefits of hiking outdoors not to mention the fun family experience that can be had at Cincinnati Nature Center," he added.

Nature Outfitters in Milford is co-sponsoring this program. For more information, visit [www.CincyNature.org](http://www.CincyNature.org) or call 513/831-1711. Cincinnati Nature Center's Rowe Woods is located at 4949 Tealtown Road, Milford, OH 45150.

Cincinnati Nature Center is a non-profit, environmental education organization. Their mission is to inspire passion for nature and promote environmentally responsible choices through experience, education and stewardship to ensure a sustainable future.

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