



Posted: Friday, April 5, 2013 12:00 am

Exercise must come next

We agree with Muskogee Mayor Bob Coburn, who says being recognized as a Certified Healthy Community is both a great honor and presents a challenge.

Muskogee has made great strides in presenting options for a more healthy lifestyle.

The city has:

- Built the Centennial Trail, an excellent venue for exercise.
- Embarked on a program that will see more bike lanes on our streets.
- Supported community gardens.

All of these measures are good first steps in making our neighbors become more healthy.

We can't stop there.

Providing the venues for exercise is important, but it is more important to actually exercise.

As the mayor says, "We're not all healthy."

No, we're not.

There are too many residents who get little to no exercise.

There are too many residents who use tobacco.

There are too many residents who are overweight.

It is gratifying to have the Certified Healthy Oklahoma Program acknowledge the work done to help us make healthier decisions.

But we must do our part—we must get up and get moving.

After all, you can lead a horse to water, but you can't make it swim laps.

Explore trails—Residents and visitors are encouraged to explore the trails throughout the city during "Walk, Run or Ride the Trails Week." The event is sponsored by the Muskogee Wellness Initiative, in cooperation with Muskogee County Turning Point.

Today

- 12:15 to 12:45 p.m.—Roxy Theatre, 220 W. Okmulgee Ave., group walk led by Marie Seabolt and Eric Synar.
- 12:15 to 12:45 p.m.—City Hall, 229 W. Okmulgee Ave., group walk led by Mayor Bob Coburn.
- 5:30 to 6 p.m.—Roxy Theatre, 220 W. Okmulgee Ave., History Mystery group walk led by Jonita Mullins.

Saturday

- 8 to 8:45 a.m.—Centennial Trailhead at Hatbox, 34th and Arline streets, group run led by Lisa Wade Raasch and Joel Everett.

- 9 to 11 a.m.—Oklahoma Music Hall of Fame, Centennial Trailhead, group ride led by Andy Herringshaw and Doug Walton. Riders needing any minor adjustments to their bicycles, need to arrive early, between 8 and 8:30 a.m.

Sunday

- 2 to 3 p.m.—Ruby Park, Augusta and Gulick streets, family walk led by Lisa Wade Raasch.