

Area Kicks Off Walk This Weigh Oklahoma Event

Sandra Clagg, of the Sulphur Main Street organization, will help coordinate the Walk This Weigh kick-off event Saturday, June 14 at the Sulphur downtown plaza.

The people of Sulphur are invited to take back control of their lives and their health! A group of local organizations have joined together to form a Turning Point Coalition to encourage people to get their bodies fit again through exercise and good nutrition.

Citizens are invited to join us for our *Walk This Weigh* kick-off event on Saturday, June 14th at 7:30 p.m. on the downtown plaza. A walking trail through the sidewalks of downtown is being created to provide Sulphur residents with a flat surface to walk on that will also be lit at night. This event will introduce residents to the walking path and hopefully encourage them to start a regular exercise program.

“I am excited to get this walking path started because besides helping improve health, it will also let people see what downtown has to offer,” said Sandra Clagg, member of Main Street Organization, one of the Turning Point Coalition partners.

“I’d like to see more of our older citizens’ become active and maybe this will encourage them to do just that,” Clagg added. “Everyone is invited and encouraged to use the path at any time.”

The downtown walking path will be marked to let walkers know the distance they have covered. It will also be lit from 5:00 to 10:00 p.m. each evening for those who need a safe, well-lit place to walk during the evening hours. Main Street Organization will use the existing sound system to project music for walkers to enjoy during their exercise.

“We have been contacted by several people who are interested in walking and we are excited that we can accommodate them with this walking path,” Clagg said. “We hope to see it grow to the point where we can add some fun events like other communities have such as a biggest loser team contest.”

Everyone is invited to bring the family and enjoy the walking event before settling on the plaza at dusk for Movies on the Plaza which will be offered each Saturday evening during the summer.

The following organizations have joined the Turning Point Coalition: Main Street Organization, Arbuckle Memorial Hospital, Chickasaw National Recreation Area, Lifestyle Center of America, City of Sulphur, and Murray County Health Department. If you are interested in joining the Turning Point Coalition to improve the health of Murray County residents, please contact Janet Carter, Main Street Organization at 580-622-3260 or Bridget Ballenger, Arbuckle Memorial Hospital at 580-622-2161 ext. 162.



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