

New signs mark walking trail

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By HEATHER AVEY/Staff Writer

It's time to put on your walking shoes and come out and help the Texas County Turning Point celebrate the new nutrition signs they have put out on the walking trail. The ribbon cutting and dedication for the nutrition signs at Cross Park, 1602 N. Oklahoma (behind the YMCA), and Guymon's newest walking trail will take place Tuesday at 6 p.m. The ceremony is open to the public. To mark the occasion, a one-mile walk is planned, to help encourage people to be active and to promote good health. The nutrition signs were made possible by a \$5,000 grant from Women, Infants, and Children (WIC) and donations of time and materials from community members. The signs are placed around the walking trail to encourage fitness and healthy eating habits. The signs inform walkers on the new Food Guide Pyramid from the USDA featuring Grains, Meat/Beans, Vegetables, Fruits, Milk and Oils. The Walk This Weigh is a national campaign to promote the health benefits of walking. The first 50 participants will receive a free T-shirt. All participants will receive a pedometer and information for the Walk This Weigh program. For more information call Kay Allen at the Texas County Health Department at 338-8544.