



Golden Shoe puts focus on healthy lifestyle

April 20, 2007

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Pedestrians shouldn't be surprised if they stumble across a golden shoe in coming months.

Every other week, a shoe painted in gold will be hidden along three new planned exercise routes in Ottawa County -- one each in Grand Haven, Holland and Zeeland.

Those who find the treasures win a new pair of walking shoes, complements of The Golden Shoe Campaign.

The campaign, which begins today and runs until Oct. 19, is sponsored by the Ottawa County Wellness Coalition.

"We want to create a community where healthy choices are easy," said Rebecca Young, supervisor of the Ottawa County Health Department health promotion team.

The campaign will kick off during events from 11 a.m. until 1 p.m. at three locations: Central Park on Washington Avenue in Grand Haven, Eighth Street Market Place at Eighth Street and Pine Avenue in Holland, and Heritage Square at Elm and Main Avenue in Zeeland.

Routes range from 1.3 miles to 1.8 miles. Forms and maps are available at Herrick District Library on River Avenue in Holland, Loutit District Library in Grand Haven and Howard Miller Library in Zeeland.

Rita Huron, administrative assistant for the health promotion team, said people are already excited about the event.

DETAILS

For more information, visit: www.gethealthyottawa.org.

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