



**South Suburban**  
**PARKS AND RECREATION**

FOR IMMEDIATE RELEASE  
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**South Suburban Debuts Passport to Health,  
a Free Fitness and Wellness Rewards Program**

Kick off the New Year and build healthy habits with South Suburban Parks and Recreation's Passport to Health, a free fitness and wellness rewards program, designed to help patrons improve their physical, mental and emotional wellbeing. The brand new program debuts Jan. 1 to coincide with New Year's Resolutions, which often include weight loss and self improvement.

Participants of Passport to Health need to register for the program, which will run from Jan. 1 through Feb. 28. Participation is strictly voluntary and is open to residents and non-residents alike. Register at any South Suburban recreation center.

Passport to Health features an accompanying Fit Pass booklet, which is similar to a passport, and offers 30 activities and ideas to try, including giving up a bad habit for a day, trying a game of Pickleball, or an aqua class, or attending a free Coffee and Chat class. Activities are assigned points, and participants keep track of their progress. Some activities require the signature of an instructor, while others depend on the honor system.

Participants can begin recording activities on Jan. 1, and all points need to be earned by Feb. 28. Completed booklets must be turned in by March 7 to any South Suburban recreation center. Those who earn at least 35 points of a possible 70, will receive a \$10 South Suburban recreation gift card valid for services and products, and also will be entered into a drawing to win a 30-punch pass for center admission, a 3-month admission pass, 18 holes of golf for two, one night's stay at the Lone Tree Golf Club & Hotel, a 30-minute massage and more.

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Beginning Dec. 31, the Passport to Health Fit Pass booklet will be available at all South Suburban recreation centers: Buck Recreation Center, 2004 W. Powers Ave., Littleton; Goodson Recreation Center, 6315 S. University Blvd., Centennial; Lone Tree Recreation Center, 10249 Ridgegate Cir., Lone Tree; and Sheridan Recreation Center, 3325 W. Oxford Ave., Sheridan. For more information, visit [www.sspr.org](http://www.sspr.org) or call 303-347-5999.

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