



WALKING PATH AT ARMSTRONG INTERNATIONAL AIRPORT OPENED

FOR IMMEDIATE RELEASE – December 1, 2008 -- Sean Hunter, Director of Aviation for the Louis Armstrong New Orleans International Airport has announced the establishment of a walking path at the airport for airport employees and interested persons. The walking path will be officially opened December 1, 2008 by Hunter at 1 p.m. in the airport near the Audubon Information Booth by Concourse C. The path is approximately 4/10 of a mile and is a marked area within the airport terminal. The path does not enter into secured areas. It is designed to allow the walker to begin their walk at any point on the path.

Hunter said, "Good health is the most precious gift we have. Office time missed due to poor health can be costly to the employee, their family and the business they are employed by. To help our employees maintain a "state of good health" or to begin taking steps towards it, I have encouraged them to participate in the Airport Walking Plan to a Healthy Lifestyle".

A brochure that outlines the walking route in the airport was designed to help identify the path and to help the employees accomplish their health goals. It was distributed to employees prior to the official opening and is available at the Audubon Information Booth.

"Walking is easy to do, requires no special equipment except a good pair of walking shoes, is easy on the joints and a daily walk can change the way you feel. As with any exercise program, anyone planning to use the walking path should check with their healthcare professional for any precautions they should take before beginning a new health program. 'Walking is man's best medicine.' - Hippocrates. Walk for fitness, weight loss and exercise", said Hunter.

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