

**WESTMORELAND COUNTY PARKS AND RECREATION
NEWS RELEASE**

*** FOR IMMEDIATE USE ***

April 16, 2012

Contact: Dan Carpenter (724) 830-3962

E-Mail: dcarpent@co.westmoreland.pa.us

Grand Opening Set for Ferrier Life Trail at Twin Lakes, April 26

The grand opening ceremony for the newly constructed Ferrier "Life Trail" at Twin Lakes Park will take place on Thursday, April 26, beginning at 11:15am. The event is open to the public and no RSVP is required. It will be held at the Twin Lakes Park Expansion area, which is accessible from George's Station Road near the Peach Plaza Skate and Action Park. The grand opening is sponsored in part by Excelsa Health, Chick-fil-A, C & M Personal Training, and Anytime Fitness.

The Life Trail is an exercise course that is scientifically designed for people 50 and over, although it can be used by anyone. There are seven stations, each with 3 different exercises, that are located on a 1900 foot long walking and jogging trail which encircles most of the new Twin Lakes Park Expansion area. There is also one wheelchair accessible activity at each station. The Life Trail Advanced Wellness System is built on the principles of functional fitness: progressively challenging exercises patterned after the twists, turns, and movements of everyday life. The benefit is that adults are stronger and have more energy to complete the real-life activities that matter most. It works all the various muscles of the body. Funding for this project was provided by the Ferrier Family Legacy Fund of The Community Foundation of Westmoreland County, affiliated with the Pittsburgh Foundation.

The grand opening program will be followed by demonstrations of how to use the Life Trail equipment. Trainers from C&M Personal Training will be on hand to demonstrate the various Life Trail equipment and provide you with a complete introduction to the exercise course. Please dress down as you will get the chance to try out the Life Trail yourself! Healthy snacks and drinks will be served.

To access the Life Trail at Twin Lakes, follow Donohoe Road from the traffic light at Westmoreland Mall. At the four way stop, turn left on to George's Station Rd. After crossing the railroad tracks, turn right onto Streetpark Loop.

For more information, please call Westmoreland County Parks and Recreation at (724) 830-3950, or visit www.co.westmoreland.pa.us/parks.