



City of Clermont

NEWS RELEASE

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Real-life 'Forrest Gump' Coming to Clermont

Robert Sweetgall, walking and health advocate, to headline community event

CLERMONT (Nov 22 , 2014) – The City of Clermont invites the community to a free workshop on Dec. 11 presented by author and celebrity walking expert Robert Sweetgall at the Highlander Building at Waterfront Park.

Sweetgall, who has walked across America seven times – four more than the fictional Forrest Gump – will lead a hands-on clinic starting at 6 p.m. titled “Nordic Walking 101: Building Muscle, Burning Fat with the Ultimate Total-Body Walking Workout” followed by a 7 p.m. presentation titled “Motivation to Move: Great Activities for Reducing Weight, Stress, Diabetes and Heart Disease risk and Your Rate of Aging.”

Sweetgall is the author of 19 books on walking, weight loss and active living and has appeared on hundreds of television and radio programs, including the *Today Show* and *Regis & Kathie Lee*. The noted health advocate’s message is simple: Walking can be the heart’s best medicine and can improve health significantly – at no cost.

“My hope is that everyone attending the workshop will be inspired to make small, yet significant changes in their lifestyles, especially in the areas of active living, stress management and improved nutrition,” said Sweetgall, who left an 11-year career at DuPont as a chemical engineer to walk across America.

Sweetgall said he was motivated to make the life-altering change by seeing the effects of a long family history of heart disease.

Prior to the Dec. 11 community event, Sweetgall will lead seminars throughout the day with city workers as part of a continuing program promoting a healthy workforce.

The community is encouraged to RSVP to reserve their space. Since 1985, Sweetgall has helped more than 5,000 communities, schools, hospitals and corporations implement walking and activity programs.

For more information about Sweetgall, visit www.creativewalking.com. To reserve a spot at the community workshop, call 352-394-3500.

About the City of Clermont. Clermont, Fla., is known as the “Choice of Champions” due to its rolling hills and pristine lakes that attract elite athletes from around the world. Founded in 1884, the vision from the beginning has been a model city with unrivaled quality of life that includes a focus on health and fitness and a championship spirit extended to business, education and the arts. Clermont is the largest city in Lake County with a population of more than 30,000. The city is about 20 miles west of Orlando and major theme parks. City Hall is located in the historic downtown at 685 W. Montrose St., Clermont, FL 34711. More about the city at www.cityofclermontfl.com.