

San Jose to Receive Best Walking City Award

SJ MAYOR TO TAKE A HIKE

MAYOR REED TO PUT ON WALKING SHOES AND ACCEPT AWARD FOR SAN JOSE BEING RANKED ONE OF THE NATION'S TOP 10 WALKING CITIES

ON FRIDAY, SEPTEMBER 28, 2007, THE CALIFORNIA PODIATRIC MEDICAL ASSOCIATION WILL PRESENT THE BEST WALKING CITY AWARD TO THE CITY OF SAN JOSE, CALIFORNIA. THE ANNUAL PREVENTION MAGAZINE AND AMERICAN PODIATRIC MEDICAL ASSOCIATION SURVEY OF WALKABLE AMERICAN CITIES DESIGNATED SAN JOSE (#8) AS ONE OF THE TOP 10 WALKING CITIES IN AMERICA.

WHAT: BEST WALKING CITY AWARD PRESENTATION AND CELEBRATORY

WALK AROUND CITY HALL

WHEN: NOON, FRIDAY, SEPTEMBER 28

WHERE: SAN JOSE CITY HALL PLAZA

WHO: SAN JOSE MAYOR CHUCK REED

SAN JOSE COUNCILMEMBER SAM LICCARDO

DR. MICHAEL CORNELISON, DIRECTOR

CALIFORNIA PODIATRIC MEDICAL ASSOCIATION

DR. AMI SHETH, PRESIDENT

SANTA CLARA VALLEY PODIATRIC MEDICAL SOCIETY

DR. THOMAS ELARDO, IMMEDIATE PAST PRESIDENT

SANTA CLARA VALLEY PODIATRIC MEDICAL SOCIETY

TEAM CSJ

SAN JOSE'S TEAM PARTICIPANTS IN THE UPCOMING SAN JOSE ROCK 'N' ROLL 1/2 MARATHON WITH TEAM CSJ TEAM CAPTAIN SAM LICCARDO

WHY: EARLIER THIS YEAR, *PREVENTION MAGAZINE*, IN CONJUNCTION WITH THE AMERICAN PODIATRIC MEDICAL ASSOCIATION (APMA), NAMED SAN JOSE AS ONE OF AMERICA'S TOP WALKING CITIES. THE #8 RANKING (OUT OF 100) WAS BASED ON SAFE STREETS, BEAUTIFUL PLACES TO WALK, MILD WEATHER, AND GOOD AIR QUALITY. IN ADDITION TO AN ANALYTICAL EVALUATION, *PREVENTION* AND THE AMERICAN PODIATRIC MEDICAL ASSOCIATION CONSULTED WITH DAN BURDEN, WHO HAS PERSONALLY EVALUATED WALKING CONDITIONS IN MORE THAN 200 CITIES AS THE EXECUTIVE DIRECTOR OF WALKABLE COMMUNITIES, INC. SPECIFIC CRITERIA USED TO CREATE THE LIST INCLUDED: **1)** PERCENTAGE OF POPULATION THAT WALKS FOR EXERCISE, **2)** USE OF MASS TRANSIT, **3)** PARKS PER SQUARE MILE, **4)** POINTS OF INTEREST PER SQUARE MILE, **5)** AVERAGE WINTER/SUMMER TEMPERATURES AND **6)** PERCENTAGE OF ATHLETIC SHOE BUYERS.

THE MAYOR WILL BE PRESENTED AN AWARD BY SILICON VALLEY-BASED PODIATRIC PHYSICIANS WHO ARE MEMBERS OF THE LEADERSHIP OF THE

CALIFORNIA PODIATRIC MEDICAL ASSOCIATION (CPMA) – CPMA DIRECTOR DR. MICHAEL CORNELISON; SANTA CLARA VALLEY PODIATRIC MEDICAL SOCIETY PRESIDENT AMI SHETH, AND IMMEDIATE PAST PRESIDENT DR. THOMAS ELARDO. STANDING WITH THE MAYOR WILL BE MEMBERS OF TEAM CSJ, INCLUDING COUNCILMEMBER LICCARDO, WHO IS SERVING AS TEAM CSJ TEAM CAPTAIN.

AFTER THE BRIEF AWARD PRESENTATION, THE MAYOR, THE ASSOCIATION EXECUTIVES AND MEMBERS, COUNCILMEMBER LICCARDO AND TEAM CSJ MEMBERS, WILL DO A BRIEF "WALK FOR HEALTH" AROUND THE PERIMETER OF SAN JOSE CITY HALL.

BACKGROUND: HEALTHY FEET ARE PARAMOUNT TO PERFORM ONE OF THE COUNTRY'S FAVORITE EXERCISES, WALKING. FOR THIS REASON, THE AMERICAN PODIATRIC MEDICAL ASSOCIATION RECOGNIZES TEN U.S. CITIES ANNUALLY THAT HAVE WALKING CONDUCIVE ATMOSPHERES. THE RANKING CELEBRATES THE IDEA OF WALKING AS AN INEXPENSIVE, ENJOYABLE FORM OF EXERCISE AND REWARDS CITIES THAT STRIVE TO MAKE THEIR COMMUNITIES WALKER-FRIENDLY. APMA AND ITS STATE COMPONENT THE CALIFORNIA PODIATRIC MEDICAL ASSOCIATION (CPMA) ARE GREAT RESOURCES FOR WALKING. THE ASSOCIATIONS' NUMEROUS BROCHURES AND WEB SITES – PODIATRISTS.ORG AND APMA.ORG, OFFER THE PUBLIC VALUABLE INFORMATION REGARDING HOW TO START A WALKING PROGRAM AND HOW WALKING CAN AFFECT THE FEET.

THE CALIFORNIA PODIATRIC MEDICAL ASSOCIATION (CPMA) IS THE STATE'S LEADING PROFESSIONAL MEDICAL ORGANIZATION FOR FOOT AND ANKLE SPECIALISTS AND REPRESENTS MORE THAN 1000 CALIFORNIA DOCTORS OF PODIATRIC MEDICINE (DPMs). SINCE 1912 CPMA HAS SERVED THE PEOPLE OF CALIFORNIA BY PROMOTING THE SCIENCE AND ART OF PODIATRIC MEDICINE, PROTECTING THE PUBLIC HEALTH, AND ELEVATING THE STANDARDS OF MEDICAL EDUCATION.

CPMA; COMMITTED TO KEEPING CALIFORNIANS ON THEIR FEET – HEALTHY, ACTIVE AND PRODUCTIVE!



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