



CHRIS ABELE, MILWAUKEE COUNTY EXECUTIVE  
JOHN DARGLE, JR., DIRECTOR OF PARKS, RECREATION AND CULTURE

Contact: Jeff Baudry  
(414) 257-4575

[Jeffrey.Baudry@milwaukeecountywi.gov](mailto:Jeffrey.Baudry@milwaukeecountywi.gov)

For Immediate Release:

## Free “Hike for Health” at Wehr Nature Center

### *Weekly Walk for Health of Body & Mind*

Milwaukee (March 25, 2015) – Emerging wildflowers, the songs of migratory birds, and spring breezes will greet everyone eager to exercise in the great outdoors at “Hike for Health,” a weekly program beginning Wednesday, April 1 at 10:30 a.m. at Wehr Nature Center. The Nature Center is in Whitnall Park, at 9701 W. College Ave.

“Why walk the mall when you can enjoy nature,” said Deb McRae, Director of Wehr Nature Center. “We welcome everyone to come along with a friendly group of nature lovers who walk our trails each week for exercise and fun.”

Participants walk for about 30-90 minutes, depending on their schedules and the weather. Walks take place Wednesdays, April–early November.

Besides the camaraderie, the contact with nature itself can have positive effects. “Green Perspectives for Public Health,” a paper published in the International Journal of Environmental Research and Public Health, demonstrates that contact with natural outdoor environments has potential for a health-promoting and disease-preventing effects, including lowered blood pressure, heart rate, blood-glucose levels, and cortisol levels, as well as positive effects on immune-function response.

“Connecting with nature has another great benefit: those who know and love nature work harder to protect it,” said McRae.

“Hike for Health” will be part of the upcoming “30x30 Nature Challenge” of the Wisconsin Green Building Alliance. The Challenge encourages Wisconsinites to get outside and enjoy nature on a regular basis. Residents joining the Challenge pledge to spend 30 minutes in nature for 30 days in June in an effort to unplug from daily stresses and reconnect with nature.

-more-

ADDRESS  
9480 Watertown Plank Road  
Wauwatosa, WI 53226-3560

PHONE/FAX  
ph: **414 / 257 PARK** (7275)  
fax: 414 / 257 6466



EMAIL  
[parks@milwcnty.com](mailto:parks@milwcnty.com)

WEBSITE  
[countyparks.com](http://countyparks.com)

“Our challenge is about creating a habit of connecting with nature,” said Korinne Haeffel, Executive Director of the Wisconsin Green Building Alliance. “We hope participants will walk away with a greater appreciation of how we interact with nature—especially how we develop our urban areas.”

Details of the Challenge are online at [wgba.org/challenge](http://wgba.org/challenge). Registration will open in April.

“Hike for Health” participants meet at the reception desk in the Visitor Center. While the walk is free, parking in the adjacent lot is \$3 per car. Bicycle parking is available at no charge. Parking is free for Friends of Wehr members

For more information, contact Wehr Nature Center at (414) 425-8550.

###