



**For Immediate Release  
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## **Fleet Feet Sports challenges the City of Syracuse to lose a ton of weight in the inaugural “Ton of Fun” program**

*The City of Syracuse and Lerner Center for Public Health Promotion at Syracuse University partners with Fleet Feet Sports to bring community weight loss program to Syracuse area*

**Syracuse, N.Y.** – Fleet Feet Sports, in partnership with the City of Syracuse and Syracuse University, is challenging the City of Syracuse to lose a ton of weight in the inaugural “Ton of Fun” program. The “Ton of Fun” program is a 12-week, city-wide challenge to encourage Syracuse-area residents to lose a ton of weight together.

The “Ton of Fun” program begins on Monday, April 13, 2015 and concludes on Sunday, June 28, 2015. Registration for “Ton of Fun” is open March 30 through April 12, 2015 at 11:59 p.m.

Initial weigh-ins for all participants will take place on Monday, April 13 from 5 to 8 p.m. at the Fleet Feet Sports store in DeWitt. Following the initial weigh-in, participants will be responsible for a weekly weigh-in at Fleet Feet Sports in Dewitt or Clay.

“Fleet Feet Sports is excited to be able to offer the community the opportunity to come together with the Ton of Fun challenge,” Ed Griffin, owner, Fleet Feet Sports, Syracuse. “Everyone that is involved in this program is capable of changing their lives for the better and that is what Fleet Feet Sports is all about.”

“Ton of Fun” participants will also be supported throughout the program with a weekly e-newsletter and closed Facebook group featuring tips, coaching and healthy recipes, group workout opportunities, nutrition resources and prize incentives along the way.

“I want to encourage everyone to engage in an active lifestyle and Fleet Feet Sports ‘Ton of Fun’ effort is a great way to engage the community in fitness,” said Syracuse Mayor Stephanie A. Miner. “It’s time our community gets moving, starts exercising and becomes even more cognizant of the importance of wellness.”

Participants will also have the opportunity to join the Monday Mile, an initiative of the Lerner Center for Public Health Promotion’s Healthy Monday campaign at Syracuse University. Healthy Monday encourages people to use Mondays as a day to start or sustain healthy behaviors. The Monday Mile is a way for participants to be active while losing weight. The Monday Mile routes take place throughout Onondaga County. For more information on Healthy Monday and the Monday Mile, visit [www.healthymonday.syr.edu](http://www.healthymonday.syr.edu).

“We hope that Ton of Fun participants will use the Monday Mile routes to be active during the 12-week challenge,” said Leah Moser, program coordinator, Lerner Center for Public Health Promotion, Syracuse University. These marked routes can be used by anyone, any day of the week and they provide a fun way to explore the beautiful parks and scenic locations across Syracuse and Onondaga County.”

To learn more about the “Ton of Fun” program and to register visit, [www.fleetfeetsyracuse.com](http://www.fleetfeetsyracuse.com).

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