

Media Release

For Immediate Release:

Track your steps with a pedometer from EPL Over 400 UWALK pedometer kits now on library shelves

EDMONTON, AB, Dec. 3, 2013 – The Edmonton Public Library is helping its customers take a step toward good health with 425 pedometers now available for sharing.

EPL began loaning 20 pedometer kits as part of a pilot project with UWALK in April 2013. To date, those kits have been checked out nearly 120 times. UWALK, a province-wide physical activity promotion program developed by the Faculty of Physical Education and Recreation at the University of Alberta and funded by the Government of Alberta, aims to raise awareness about the importance of physical activity, as well as access to tools such as pedometers.

“Use of the pedometers through our pilot project has shown both an interest and need,” said Linda Cook, Chief Executive Officer. “At EPL we strive for accessibility, and we’re pleased to help ensure the UWALK initiative is available to all by increasing our involvement in the project.”

With the expansion of the program at EPL, there are now 830 UWALK pedometer kits available in 86 library branches across the province, including the St. Albert Public Library, Marigold Library System and Chinook Arch Regional Library System.

“The UWALK pedometer library loan program was developed to provide access to pedometers throughout communities in Alberta. This initiative supports UWALK’s goal to help all Albertans find their stride,” said Dr. Kerry Mummery, Dean of the Faculty of Physical Education and Recreation at the University of Alberta. “EPL has played a vital role in the success of this project due to their support, feedback and enthusiasm to make resources such as pedometers readily available.”

EPL’s [kits are available at all 17 branches](#) for a three-week period and up to two renewals. For more information on UWALK, visit www.uwalk.ca.

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About the Edmonton Public Library

In 2013 the Edmonton Public Library (EPL) celebrates 100 years of service to our great city. We’ve come a long way since 1913 when books were all you could find on our shelves... and we’re just getting started! Today EPL carries everything you care about. We are Edmonton’s largest lender of all manner of information and entertainment. Our professionally trained staff take you beyond Google with the knowledge, discernment and desire to help you navigate a universe of information. The second most visited place in Edmonton, every year we host over 14 million in-branch and online visits across our 17 branches and website. We deliver our incredible content to you everywhere – in

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the library, at home or on your handheld device. Unmatched access and unrivalled value – that is today's EPL. EPL is a registered charity and relies on donations to enhance services. Spread the words.
www.epl.ca/donate.

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