



Las Vegas Airport Partners with the American College of Sports Medicine to Launch Traveler Walking Program

JUNE 2, 2016, LAS VEGAS – The Clark County Department of Aviation enlisted the expertise of the American College of Sports Medicine (ACSM) for the launch of its new *FLY FIT* walking program at McCarran International Airport. *FLY FIT* is the first airport fitness program created in partnership with the ACSM and was designed in response to “Step It Up!,” the Surgeon General’s call to action to make walking a national priority.

“I am so pleased that we were able to partner with the American College of Sports Medicine in order to create this fun and easy way to improve the health and wellness of those traveling through McCarran,” said Clark County Director of Aviation Rosemary A. Vassiliadis. “With more than 45 million people traveling through our airport each year, we hope that many will take advantage of this opportunity before or after their flights.”

Fly Fit encourages walking as a way to fitness by sharing with travelers convenient walking paths located throughout McCarran International Airport’s terminals. Presented in multiple segments, these paths range from approximately one-half to one-and-a-half miles long with options in areas both before and after security screening checkpoints.

“Everyone deserves to have a safe place to walk or wheelchair roll. But in too many of our communities, that is not the reality,” said Dr. Vivek H. Murthy, the 19th U.S. Surgeon General. “We know that an active lifestyle is critical to achieving good overall health. And walking is a simple, effective and affordable way to build physical activity into our lives. That is why we need to step it up as a country ensuring that everyone can choose to walk in their own communities.”

Additionally, McCarran’s *FLY FIT* program falls in line with the Centers for Disease Control and Prevention’s recently introduced Airport Walking Guide that was developed as part of its Walk to Fly project to encourage airport travelers (through point of decision signage) to make active choices.

“We know that an average of 22 minutes a day of physical activity - such as brisk walking - can significantly reduce the risk of heart disease and diabetes,” added Dr. Murthy. “The key is to get started because even a small first effort can make a big difference in improving the personal health of an individual and the public health of the nation.”

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ABOUT McCARRAN INTERNATIONAL AIRPORT: McCarran International Airport is located in the shadows of the world-famous Las Vegas Strip and is the gateway for nearly half of the people who visit Southern Nevada each year. Including arrivals and departures, McCarran hosted more than 45 million passengers in 2015, making it the ninth-busiest airport in North America. With 30 airlines providing nonstop service to more than 140 destinations, McCarran makes it possible for the world to experience one of the most alluring travel destinations. McCarran International Airport is owned and operated by Clark County, Nevada, and does not benefit from local tax dollars. For more information, contact Christine Crews at (702) 261-5154 or christinec@mccarran.com.

About ACSM: The [American College of Sports Medicine](http://www.acsm.org) is the largest sports medicine and exercise science organization in the world. More than 50,000 international, national and regional members and certified professionals are dedicated to advancing and integrating scientific research to provide educational and practical applications of exercise science and sports medicine. The American College of Sports Medicine supports the 10 Criteria for Responsible Health Reporting as articulated by www.HealthNewsReview.org.