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Media Contact:

Lalita Llerena
Communications Director
813.224.9622 ext. 1240
813.545.7772 (cell)
Lalita.Llerena@tampaymca.org

Tampa vs. Jacksonville in Tie-Breaker Showdown

The free Treadmill Tuesday competition takes place on Diabetes Alert Day to encourage physical activity and healthy living.

Tampa, FL (Mar. 1, 2018) – It's time for a tie-breaker, Tampa Bay! Having both previously won the Treadmill Tuesday title, the [Tampa Metropolitan Area YMCA](#) and YMCA of Florida's First Coast are going head-to-head in the 2018 Treadmill Tuesday Tie-Breaker - a competition between the Tampa Bay and Northeast Florida communities for the greatest distance traveled on a treadmill.

This free friendly competition takes place **Tuesday, March 27 from 6:30am-6:30pm** and is open to YMCA members and nonmembers across the entire Tampa Bay and Northeast Florida areas, encouraging physical activity and healthy living among community members.

"It is no coincidence Treadmill Tuesday takes place on Diabetes Alert Day," says Tampa Y President & CEO Matt Mitchell. "Treadmill Tuesday brings the community together, encouraging one another to improve their health. With 26 million children and adults suffering from diabetes and 79 million adults having prediabetes in the nation, we want to spread public awareness to help prevent the deadly disease."

All Tampa Bay area community members are invited to participate in Treadmill Tuesday by completing a 30-minute treadmill workout at any [Tampa YMCA](#) location or by posting on social media. At Tampa Y facilities, staff will record the distance each participant walks, jogs or runs on a treadmill for 30 minutes. To join from home or other locations via Twitter or Facebook, participants should post a post-workout photo of the treadmill dashboard displaying the total distance. Social media participants should use [#TreadmillTuesday](#) tagging [@TampaYMCA](#).

This is the third consecutive year the Tampa YMCA will rally the community for Treadmill Tuesday. Last year, a total of 1,630 Tampa Bay residents completed 3,358 miles during the 12-hour event, surpassing the First Coast by about 21 miles. The year prior, Tampa lost to Jacksonville by 176 miles.

In honor of Diabetes Alert Day, certified Tampa YMCA trainers will offer free diabetes risk assessments to Treadmill Tuesday participants and those who qualify will be entered to win a free [Y Diabetes Prevention Program](#) class. There will also be free giveaways and chance-drawings at each Tampa Y location throughout the event.

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About the Tampa Y

The Tampa Metropolitan Area YMCA is a cause-driven [4-star charity](#), strengthening Hillsborough and East Pasco communities for 129 years, through youth development, healthy living and social responsibility. Across the Association, 18 facilities engage nearly 160,000 men, women and children — regardless of age, income or background — to nurture the potential of children and teens,

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improve our community's health and well-being, and provide opportunities to give back and support neighbors. The Tampa Y has long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change.

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