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Tampa YMCA Invites Community to Compete Against Jacksonville in Treadmill Tuesday Challenge

Free event encourages friendly competition and healthy living

TAMPA, FL – Jan. 19, 2016 – The [Tampa Metropolitan Area YMCA](#) and YMCA of Florida's First Coast are pleased to announce the 2016 Treadmill Tuesday Challenge, a competition between the Tampa Bay and Northeast Florida communities for the greatest distance traveled on a treadmill.

This free event, open to YMCA members and nonmembers, takes place **Tuesday, Feb. 9 from 7 a.m.- 7 p.m.** and encourages healthy living while promoting friendly competition among community members in the Tampa Bay area and Northeast Florida.

"It is no coincidence this year's Treadmill Tuesday will take place during American Heart Month," says Tampa YMCA President & CEO Tom Looby. "Treadmill Tuesday brings the community together, encouraging one another to improve their heart health."

Tampa Bay area community members are invited to participate by completing a 30-minute treadmill workout at [Tampa YMCA](#) branches or via 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 other locations via Twitter, participants should tweet a post-workout photo of treadmill dashboard displaying the total distance. Social media participants should use [#TreadmillTuesday](#) tagging [@TampaYMCA](#).

This is the second year the First Coast YMCA will rally the community for Treadmill Tuesday. In 2015, more than 1,700 First Coast residents logged a nearly 4,000 miles during the free event. "Our friends in Jacksonville may have a Treadmill Tuesday event under their belt, but our community is excited and ready for this year's competition," says Tampa Mayor Bob Buckhorn. "We're a city focused on the health of our community and we look forward to celebrating that strength on Treadmill Tuesday."

Throughout the day-long event, Tampa YMCA branches will offer giveaways, chance-drawings and activities to further encourage participation. To learn more about Treadmill Tuesday and what to look forward to at you neighborhood Y, contact Dawn.Kita@tampaymca.org. Media members wishing to cover Treadmill Tuesday, should contact Lalita.Llerena@tampaymca.org or 813.545.7772.

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About the Tampa Y

The Tampa Metropolitan Area YMCA is one of the area's leading nonprofits, strengthening Hillsborough and East Pasco communities for more than 126 years, through youth development, healthy living and social responsibility. Across the Association, 18 facilities engage more than 160,000 men, women and children — regardless of age, income or background — to nurture the potential of children and teens, improve our community's health and well-being, and provide opportunities to give back and support neighbors.

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The Tampa Y has long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change. www.tampaymca.org

About the First Coast Y

For more than 100 years, YMCA of Florida's First Coast has been providing men, women and children of all ages, and from all walks of life, opportunities to build stronger bonds, live healthy and become more engaged with their communities. www.FirstCoastYMCA.org