



Eddie A. Perez
Mayor

HARTFORD NAMED ONE OF AMERICA'S FITTEST CITIES

---NEWS AND COMMUNITY RELEASE---

(May 26, 2010)--- Not bad for 375! Hartford is one of America's Fittest Cities, according to Forbes Magazine. Mayor Eddie A. Perez congratulates all the people who live, work and play in Connecticut's Capital City who help make our City a healthy city.

"Whether it is health fairs and mammography mobiles to help keep our employees proactive about their health, our "Healthy Hartford" campaign to promote positive choices and educational opportunities for all of our residents, or more people biking and walking to events throughout our diverse neighborhoods, this is national recognition of everyone's hard work and efforts to make positive life decisions."

The magazine points out the large number of Farmers' Markets located throughout Hartford. For your enjoyment of fresh produce, here's a list:

Billings Forge Farmers' Market

Thursdays, 11 a.m. - 2 p.m.

May 6 - October 28

539 Broad Street, Grassy Courtyard on Billings Forge Campus

Capitol Avenue Farmers' Market

Mondays, 10 a.m. - 1 p.m.

July 5 - October 25

First Presbyterian Church Next to Bushnell, 156 Capitol Avenue

North End Farmers' Market

Wednesdays, 10 a.m. - 1 p.m.

July 7 - November 3

80 Coventry Street, In front of North End Senior Center

Park Street Farmers' Market

Mondays, 9:30 a.m. - 1 p.m.

July 5 - October 25

Walgreen's Parking Lot, Corner of Park and Washington Streets

West End Farmers' Market

Tuesdays & Fridays, 4 p.m. - 7 p.m. (thru Sept.), 3 p.m. - 5:30 (in Oct)

June 8 - October 29

United Methodist Church - 571 Farmington Avenue @ South Whitney Street

CT Old State House Farmers' Market

Monday, Wednesday, Friday, 10 a.m. - 2 p.m.

Mid June - October

Old State House, 800 Main Street

And let's not forget the Regional Market located on 101 Reserve Road.

Hartford's golf courses and other sports and exercise opportunities are also praised. To read it for yourself, log on to: http://www.forbes.com/2010/05/21/fittest-cities-washington-lifestyle-health-exercise-obesity-fit_slide_3.html