

On National Walking Day, BWI Marshall Airport Introduces Cardio Trail

Airport Partners with American Heart Association to Create Walking Trail, Encourage Healthy Travel

Baltimore/Washington International Thurgood Marshall Airport today introduced the BWI Cardio Trail, two marked walking paths inside the Airport terminal. The BWI Cardio Trail is an officially-designated American Heart Association Walking Path. The American Heart Association has named the first Wednesday of each April as “National Walking Day” to highlight the importance of physical activity and to encourage Americans to develop healthier lifestyles.

“The BWI Cardio Trail offers a new option for our travelers to exercise while waiting for their flights,” said Paul J. Wiedefeld, Executive Director of BWI Marshall. “The marked trail provides passengers with directions and motivation to use their travel time for physical activity.”

The BWI Cardio Trail consists of two loops, each one kilometer in distance. The Terminal Loop consists of a marked path along the public side of the Airport terminal. The Concourse A/B Loop is a marked trail inside the secured area of Concourses A and B, served by Southwest Airlines and AirTran Airways. It takes an average of approximately 20 minutes to walk either loop. Walkers can simply follow the BWI Cardio Trail logos positioned on walls and directories along the paths. Maps are available at BWI Marshall information desks in the Airport terminal and on the BWI Marshall website at: www.BWIAirport.com.

“We are so excited about the partnership with the BWI Cardio Trail,” said Yvette Mingo, Executive Director for the American Heart Association, Maryland. “The American Heart Association recommends that people walk at least 30 minutes a day. Offering this walking path for busy travelers provides a great way for them to fit activity into their day which exercises their heart while they wait for flights.”

Information on the benefits of walking is available from the American Heart Association’s website at: www.startwalkingnow.org/whystart_benefits_walking.jsp.

The BWI Cardio Trail is part of an ongoing effort to provide BWI Marshall passengers and employees with healthy options when visiting the Airport. For example, the Airport’s concessions program is committed to offering healthy choices. Many BWI Marshall restaurants feature outstanding natural, organic, and healthy menu items.

“We are continually looking for ways to provide a healthy work environment for our Employees,” said Kembre Roberts, Health and Wellness Program Manager for Southwest Airlines. “We are thankful for the efforts of BWI Airport and the American Heart Association which will give our Employees the opportunity to be more active throughout the work day.”

BWI Marshall also offers a 12.5 mile scenic outdoor trail that encircles the Airport property. The BWI Trail, which was completed in 1994, is an outstanding recreational resource for travelers, visitors, and local residents. BWI Marshall was the first major U.S. airport to offer a dedicated hiker / biker trail. The trail connects hikers, bicyclists, walkers, and joggers to the Airport, community resources, public transportation, and other area recreation facilities.

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Note—a graphic of the BWI Cardio Trail logo and photos of trail signs in the Airport are available. Please contact Jonathan Dean at 410-859-7027 or JDean@BWIAirport.com for the images.

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