

# Disney Encourages Cast Members to Get Outside and Be Active

**LAKE BUENA VISTA, Fla., April 23, 2013** – Spending less time on the couch and more time outdoors, hundreds of Cast Members from Walt Disney World Resort are taking steps in the right direction to become more active.

To help inspire Cast Members take a more proactive approach for their health, Disney offers Cast *Couch to 5K Plus*. This program includes personalized training plans, online resources and coaching to help Cast Members become more active. Cast Members at all levels of fitness are participating and moving toward a healthier lifestyle by starting simple.

For Cast Member Tom Mack, the impetus to get started came from his seven-year-old daughter who expressed an interest in running. After finishing the program, he and his daughter both ran in the Disney Royal Family 5K in February. “Since finishing the program, running has become a lifestyle for me and my family” said Mack, whose goal is to run in more race events later this year.

*Couch to 5K* launched in 2011 with more race events and enhanced training plans added this year.

Cast Member Maria Espinal says that this program has helped her reach her goal of completing a 5K. “I never thought I would ever be doing a 5K.”

“Since we launched the *Couch to 5K* hundreds of Cast Members have participated and taken steps to improve their health,” said Tracy Swanson, Vice President for Benefits, Health and Workforce Solutions. “Being active helps our Cast and their family’s lead healthier lives, including spending more time outside.”

*Couch to 5K Plus* is one of many ways Disney supports Cast Members along their wellness journey. Other programs include:

- On-site health and wellness offerings
- Educational and screening opportunities
- Access to online tools and resources, such as a personal health assessment and a prescription drug price comparison tool.

Disney Cast Members have many wellness options to choose from.