



*Zeta Phi Beta Sorority, Inc*  
*Tau Delta Zeta Chapter*  
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**FOR IMMEDIATE RELEASE**

**DATE:** November 1, 2003  
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**The Importance of Exercise**  
**A Z-HOPE Program Sponsored by**  
**Zeta Phi Beta Sorority, Inc., The Tau Delta Zeta Chapter**  
**(Laurel, MD)**

Zeta Phi Beta Sorority, Inc. Tau Delta Zeta Chapter will sponsor it's first in a series of Z-HOPE programs. Z-HOPE stands for *Zetas Helping Other People Excel*.

The program entitled the *Importance of Exercise* will address the importance of women maintaining an active lifestyle. Physical inactivity has been established as a major risk factor for the development of coronary disease. It also contributes to other risk factors including obesity, high blood pressure and a low level of HDL cholesterol.

Participants will learn the importance of exercise in addition to having the opportunity to participate in a structured exercise program. This event will take place on Saturday, November 15, 2003 from 12:00 noon to 1:30pm at the Gold's Gym-Crofton, 1625 Crofton Centre, Crofton, Maryland 21114. Fitness consultant, Valerie Sinady, will lead the session.

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*Zeta Phi Beta Sorority, Incorporated was founded in 1920 in Washington, D.C., on the belief that the social nature of sorority life should not overshadow the real mission for progressive organizations to address societal mores, ills, prejudices, poverty, and health concerns of the day. The international organization's over 100,000 initiated members, operating in more than 800 chapters, have given millions of voluntary hours to educate the public, provide scholarships, support organized charities, and promote legislation for social and civic change. For more information on Zeta Phi Beta Sorority, Inc., please visit their national web site at [www.zphib1920.org](http://www.zphib1920.org).*

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