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Burleson Mayor's Youth Council members are hosting a Fit Families Fun Walk on Thursday, Sept. 27, on the trail surrounding the BRiCk, 550 NW Summercrest Blvd. The 1-mile walk starts at 6 p.m. Register on-site between 5:45 p.m. and 6:30 p.m. There is no entry fee. The youth council needs at least 50 people to join the walk in order to reach the goal of 100,000 steps. Free t-shirts, pedometers, and water will be provided. Door prizes are also part of the fun.

The goal of the walk is to create awareness for childhood obesity. September is National Childhood Obesity Awareness Month. Obesity rates have soared in recent decades, especially in the 6-11 year age range. Twenty-three million children and teens 2-19 years old are overweight or obese. That's 31.8 percent. Nearly one in three Burleson children (30.6 percent) are considered overweight or obese.

The Fit Families Walk is supported by the City's Be Healthy Initiative, Huguley Memorial Medical Center and HEB Grocery. The walk is a community event for the HEB Community Challenge. This is a Fit Families Fun Walk series that kicks off with the Sept. 27 event. Upcoming walks are Monday, Oct. 22, and Monday, Nov. 5. More details to come on those walks.