

# **Delaware General Health District**

## ***Dedicated to your health***

# NEWS RELEASE

## **PUBLIC INVITED TO JOIN HEALTHY OHIO FITNESS WALK MAY 20**

P.O. Box 570                      1-3 W. Winter St.                      Delaware OH 43015  
740-368-1700                      FAX 740-368-1736                      Web Site: [www.delawarehealth.org](http://www.delawarehealth.org)

### **FOR IMMEDIATE RELEASE**

For further information contact Jesse Carter, public information officer, at 740-203-2085.

**DELAWARE, Oh., May 13, 2009** – The Delaware General Health District invites Delaware County residents and workers to take part in the Healthy Ohioans Fitness Walk on Wednesday, May 20.

Healthy Ohioans Fitness Walks are being organized across Ohio to encourage people to get active. Organizers are working to get at least 100,000 Ohioans to walk a mile on May 20, which is National Employee Health and Fitness Day.

Employees of the Health District, Ohio Wesleyan University, the City of Delaware, Delaware County, and others plan to walk one mile in and around downtown Delaware starting at noon on May 20. Everyone is invited to join. Group walks will start at Sandusky and Winter streets and at City Hall at noon, and last up to 30 minutes.

Clubs, churches, neighborhood groups, work sites, and other organizations are welcome to organize their own group walks on May 20 or join the walk in downtown Delaware. Participants are asked to register through the Healthy Ohioans Fitness Walk link on [www.healthyohioprogram.org](http://www.healthyohioprogram.org) to count toward the statewide goal. For more information about the walk or other healthy living topics, call Health Educator Anne Goodman at 740-368-1700.

Ohioans and Delaware Countians need to walk more to help avoid Diabetes, Heart Disease, and other serious illnesses linked to excessive weight. State and local Health Department surveys have shown that Ohio has the fifth fattest population among the 50 states. The Delaware General Health District's 2007 adult health survey showed that 22 percent of local adults are obese and another 35 percent are overweight.

Adults need at least 150 minutes of moderate-intensity aerobic activity every week, according to the Centers for Disease Control and Prevention. Brisk walking fulfills that need. It helps control weight and blood pressure, burns calories, and gives your heart the kind of workout it needs to remain healthy and strong.