

# **Delaware General Health District**

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

# NEWS RELEASE

## **PUBLIC INVITED TO JOIN HEALTHY OHIO FITNESS WALK MAY 18**

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### **FOR IMMEDIATE RELEASE**

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

**DELAWARE, Oh., May 11, 2011** – The Delaware General Health District invites Delaware County residents and workers to take part in the Healthy Ohio Fitness Walk on Wednesday, May 18, at noon.

Healthy Ohio Fitness Walks are being organized across Ohio to encourage people to get active. Organizers are working to get more than 100,000 Ohioans to walk a mile on May 18 as part of National Employee Health and Fitness Month. The Delaware County Commissioners recently adopted a resolution encouraging residents to participate in the walk and noting the benefits of active and healthy lifestyles.

Employees of the Health District, Delaware County, and others plan to walk one mile in and around downtown Delaware starting at noon on May 18. Everyone is invited to join. Group walks will start at noon at Sandusky and Winter streets and at the Rutherford B. Hayes County Services Building. The walk will last up to 30 minutes.

Clubs, churches, neighborhood groups, work sites, and other organizations are welcome to organize their own group walks on May 18 or join the walk in downtown Delaware. Participants are asked to register through the Healthy Ohio Fitness Walk link on [www.healthyohioprogram.org](http://www.healthyohioprogram.org) to count toward the statewide goal. For more information about the walk, call Health Educator Audra Jordan at 740-203-2012.

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 one of the top ten fattest populations among the 50 states. The Ohio Department of Health's 2008 Delaware County Profile showed that almost 65 percent of the county's adult population is overweight or obese – higher than the statewide rate of 62 percent.

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.