

Delaware General Health District

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NEWS RELEASE

PUBLIC INVITED TO JOIN HEALTHY OHIO FITNESS WALK MAY 19

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

FOR IMMEDIATE RELEASE

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

DELAWARE, Oh., May 6, 2010 – The Delaware General Health District invites Delaware County residents and workers to take part in the Healthy Ohio Fitness Walk on Wednesday, May 19, at noon.

Healthy Ohio 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 19, which is National Employee Health and Fitness Day.

Employees of the Health District, the City of Delaware, Delaware County, and others plan to walk one mile in and around downtown Delaware starting at noon on May 19. Everyone is invited to join. Group walks will start at noon at Sandusky and Winter streets, at City Hall, 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 19 or join the walk in downtown Delaware. Participants are asked to register through the Healthy Ohio Fitness Walk link on www.healthyohioprogram.org to count toward the statewide goal. For more information about the walk, call Health Educator Anne Goodman at 740-203-2086.

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.