



News from the Office of
ERIE COUNTY EXECUTIVE MARK POLONCARZ

NEWS RELEASE

**Commissioner of Health
Dr. Gale Burstein**

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BURSTEIN ENCOURAGES RESIDENTS TO “BE ACTIVE, ERIE COUNTY”

Health Commissioner Outlines Merits of Guided Walks in County Parks

ERIE COUNTY, NY— Erie County Commissioner of Health Dr. Gale Burstein today encouraged residents of all ages to “Be Active, Erie County” by getting outside and taking part in free, guided walks in County parks this spring. The walks, sponsored by the Erie County Department of Health and the non-profit Wellness Institute of Greater Buffalo, will take place at six different County parks throughout May and June.

“Regular physical activity is important for good health, and it is especially important if you are trying to lose weight or to maintain a healthy weight,” **said Burstein**. “Staying physically active has many health benefits, such as reducing the risk of developing type 2 diabetes, high blood pressure, heart attack, stroke, and several forms of cancer. Regular physical activity can also reduce arthritis pain and associated disability, reduce risk for osteoporosis and falls and reduce symptoms of depression and anxiety.”

Participants in the walks will be able to learn more about ways to get healthy and stay healthy; participate in health screenings including blood pressure and Body Mass Index (BMI); and be able to access assorted health educational materials and smoking cessation information at each walk.

“These free, family-oriented Saturday morning walks in our beautiful Erie County parks provide participants with a fun dose of health-enhancing physical activity,” **said Phil Haberstro of the Wellness Institute**. “We are proud to be a part of this team effort to improve the health of Erie County residents, and we look forward to seeing everyone!”

Registration for walks begins at 9:00am on-site. Meeting places for the beginning of each walk will be posted at Park entrances. The “Be Active, Erie County” walk schedule is as follows:

- **May 19th - Chestnut Ridge Park**
- **June 2nd - Como Lake Park**
- **June 9th - Akron Falls Park**
- **June 16th - Emery Park**
- **June 23rd - Times Beach Nature Preserve**
- **June 30th - Sprague Brook Park**

For more information on the Walk Series, call 858-7226 or 851-4052

For more information on the Wellness Institute of Greater Buffalo, visit

<http://www.healthycommunitynetwork.com/>

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