



News from the Office of
ERIE COUNTY EXECUTIVE MARK POLONCARZ

NEWS RELEASE

Health Commissioner Dr. Gale Burstein

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CONTACT: JoAnne Paxon/ JoAnne.Paxon@erie.gov
Phone: (716)858-4941/ Mobile: (716) 364-3028

“Be Active Erie County” Guided Walks in Erie County Parks

Program encourages fun and fitness

ERIE COUNTY, NY— Erie County Health Commissioner Dr. Gale Burstein announced that Erie County Department of Health (“ECDOH”) is again sponsoring with the Wellness Institute of Greater Buffalo “Be Active Erie County!” a series of guided walks for all ages in our beautiful Erie County parks.

“Regular physical activity helps people get and keep a healthy weight,” said Burstein. “Adults need at least 2 and 1/2 hours (150 minutes) a week of aerobic physical activity. Inactive adults have higher risk for early death, heart disease, stroke, type 2 diabetes, depression, and some cancers.”

The “Be Active Erie County!” walks for this year are:

May 18, 2013 Saturday, Emery Park, Field House
June 2, 2013 Sunday, Towpath Park (Foot of Hertel Avenue),
June 8, 2013 Saturday, Isleview Park, Gazebo,
June 15, 2013 Saturday, Akron Falls Park, Cummings Lodge
June 22, 2013 Saturday, Chestnut Ridge Park, Casino

The Erie County Sheriff’s Office Mounted Reserve unit will lead the walks. Health screening including blood pressure, BMI and others will be available. Assorted health education materials and smoking cessation services, products, and cessation program enrollment will be available at each walk. Registration for the walks begins at 9 am.

For information on the “Be Active Erie County!” and other programs visit:

<http://www2.erie.gov/health/>