

NEWS



Jean M. Hudson, M.D., M.P.H.
Commissioner of Health

Edward A. Diana
Orange County Executive

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For Immediate Release

For more information, contact the Office of the
Orange County Commissioner of Health at 291-2330

OC Health Department Announces Week of Walking

Goshen – Orange County Executive Edward A. Diana and Health Commissioner Dr. Jean M. Hudson are pleased to announce the 3rd Annual Healthy Orange Week of Walking, which will take place from May 1 - 8. This County-wide event highlights walking activities at Orange County worksites, schools, parks, historic sites, and community agencies.

Healthy Orange will be on site at the following locations encouraging Orange County residents and employees to move more and start walking:

- AHA Heart Walk - Sebago Beach - May 1
- March for Babies - Woodbury Commons - May 1
- Orange County Government Center - May 2
- Middletown Community Campus - May 3
- Valley View - May 4
- Woolworth Building in Newburgh - May 5
- Thomas Bull Memorial Park Boathouse - May 6

Walks at the Orange County worksites will be held at lunchtime. Please check the Orange County website (orangecountygov.com) for times. Additional walks will be held Saturday, May 7 at 10:30 am at Fancher-Davidge Park in Middletown, at 11:00 am at Downing Park in Newburgh, at 10:00 am at the Rail-Trail in Walden, and at 9:30 am at the Heritage Trail in Goshen. All walks are free and open to the public. Please call Healthy Orange at 845-568-5247 or visit the county website for details.

“Walking is one of the simplest ways to improve your health and the health of your family,” stated Edward A. Diana, Orange County Executive. Health experts agree that physical activity is the best defense against many of today’s chronic diseases, such as obesity, diabetes, heart disease, and some types of cancer. Even small amounts of activity can offer great benefits,” Mr. Diana added.

“Walking for just thirty minutes five times a week, is enough to have significant positive

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health benefits for most people,” explained Dr. Jean M. Hudson, Orange County Commissioner of Health. She went on to say, “In addition to exercise, walking with friends is a chance to socialize and get to know your community. Strolling with your family provides an opportunity to spend more time with your children. Children who walk with their parents are more likely to carry this healthy habit into adulthood.”

Week of Walking is being organized by the Orange County Department of Health, Healthy Orange campaign. Healthy Orange promotes three simple, but vital, issues to improve the health of Orange County residents: healthier eating, including more servings of fruits and vegetables every day; increasing physical activity; and reducing the effects of tobacco through tobacco cessation and leading a tobacco free lifestyle.

For additional information, or a list of walking events, call Orange County Department of Health at 845-568-5247 and be sure to visit the Orange County Department of Health’s website at www.orangecountygov.com and www.healthyorange.com.

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