

NEWS



Edward A. Diana
Orange County Executive

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OC Government Receives Gold-Level Recognition from Heart Association for Second Year in a Row

Goshen – Orange County Executive Edward A. Diana and Commissioner of Health Dr. Jean M. Hudson are proud to announce that Orange County Government has been recognized by the American Heart Association as a Gold Level Start! Fit-Friendly organization for the second year in a row. This award recognizes Orange County Government for promoting a healthy work place for employees and encouraging an environment of physical activity.

“Congratulations on becoming a Gold Start! Fit-Friendly Company! You are among an elite group of awardees,” wrote American Heart Association CEO Nancy Brown in her letter to Mr. Diana. “Promoting a wellness culture by providing support to employees and implementing physical, nutritional, and cultural changes are extraordinary efforts, and we commend you and your employees,” Ms. Brown continued.

“Here in Orange County we are committed to promoting a healthy, active lifestyle,” said the County Executive. “Our County Health Department and Healthy Orange do a great job of getting the word out to employees and residents about the long-term benefits of healthy living. Through educational seminars, walking and exercise programs, smoking cessation classes, and other opportunities, we encourage County employees to maintain good health. We’re thrilled that the American Heart Association has recognized our efforts again. I hope other County businesses and organizations will follow suit for the health of their employees,” continued Mr. Diana.

“Being recognized as a Gold Start! Fit-Friendly organization for the second time is testament to our employees and our County health and wellness educators who have embraced our long-standing efforts to promote good health,” said Dr. Hudson. “The Healthy Orange website is a great resource for fitness and nutrition information. Incorporating exercise into your day can be as simple as taking the stairs instead of the elevator or enjoying a walk with friends at lunch time,” added Dr. Hudson.

For additional healthy lifestyle tips and information, visit the Healthy Orange website at www.healthyorange.com. For more information about the American Heart Association’s Start! Fit Friendly Company program, visit www.americanheart.org/fitfriendly.

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