



COUNTY OF ERIE

OFFICE OF COUNTY EXECUTIVE

Kathy Dahlkemper
COUNTY EXECUTIVE

MEDIA RELEASE

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FOR IMMEDIATE RELEASE
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8th Annual *Erie Walks!* Award Ceremony Announced

Erie County Executive Kathy Dahlkemper is proud to host the 8th Annual *Erie Walks!* Competition award ceremony and conference at the Gannon University Recreation and Wellness Center, 130 West Fourth Street, on Wednesday, July 8, 2015 from 12:15 –12:45 PM.

The County of Erie joined large and small Erie employers in the competition. *Erie Walks!* is a fun-filled 8-week competition that encourages employees to participate in 30 minutes of moderate physical activity, combined with friendly competition, peer support and education to develop the habit of exercising each day.

County Executive Dahlkemper will join Melissa Lyon, Director of the Erie County Department of Health, and Connie Kercher, Assistant Vice President of Recreation and Wellness at Gannon University, to award trophies and highlight the benefits of regular physical activity. A ceremonial walk will conclude the event.

According to the *Physical Activity Guidelines for Americans*, adults should engage in at least 150 minutes of moderate-intensity aerobic activity, such as brisk walking, every week. *Erie Walks!* is an enjoyable and energizing way to meet health goals, create healthier worksites, improve employees' health and productivity, and reduce medical care expenses.

The County of Erie, Gannon University, Downtown YMCA, Erie Times News, Erie Events, HANDS, Erie County Assistance Office and Mason Jars Company vied in 8 weeks of friendly competition. A total of 318 participants in the annual program funded in part by the Pennsylvania Department of Health's Preventative Health and Health Services Block Grant.

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