



COUNTY OF ERIE

OFFICE OF COUNTY EXECUTIVE

Kathy Dahlkemper
COUNTY EXECUTIVE

MEDIA RELEASE

Contact: Chanel Cook
ccook@eriecountypa.gov
814-451-7440

FOR IMMEDIATE RELEASE

County Executive Announces 9th Annual Erie Walks! Competition Kickoff

Erie, Pa., April 1, 2016– Erie County Executive Kathy Dahlkemper will open National Public Health Week with the 9th Annual Erie Walks! Competition kickoff event at the Gannon University Recreation and Wellness Center, 130 West Fourth Street on Monday, April 4 at noon.

The County of Erie will join Erie employers to kick off the 8-week walking competition amongst local businesses. County Executive Dahlkemper, Linda Wagner of Gannon University and Laura Luther, Health Educator at the Erie County Department of Health, will highlight the benefits of participating in Erie Walks! and staying active. A ceremonial opening walk will follow to conclude the kickoff 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! also promotes 30 minutes or more of daily physical activity, and having added peer support increases that success of adopting lifelong, healthy habits.

This competition is a fun and energizing way to meet these health goals, while striving to create healthier worksites and improve employees' health and productivity. Erie Walks! is a free program offered to Erie employers. To learn more visit www.eriewalks.org.

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