



BERGEN COUNTY DEPARTMENT OF HEALTH SERVICES
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FOR IMMEDIATE RELEASE

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WALK FOR BETTER HEALTH ON MAY 18

BERGEN COUNTY, NJ –The Bergen County Department of Health Services, in conjunction with the Bergen County Cancer Coalition, encourage residents of all ages to participate in the 11th annual Walk at Work Day on Wednesday, May 18th, 2011. Walk at Work Day affords employees an opportunity to participate in a one day or longer fitness awareness event at NO cost. Make May 18th the first day of many that you'll walk for good health!

Walk at Work is not limited to workplaces only. Residents of all ages, from tots to seniors, are encouraged to participate by planning 30 minutes of walking or any physical activity, either indoors or outdoors on that day, and every day to follow. Individuals or groups can walk before work, during lunch, after work or whatever time works best. If the weather is inclement on May 18, participants are encouraged to choose another day during that month.

Awards will be given to three organizations, one in each of three size categories, with the highest percentage of people walking. All participating organizations will receive a certificate of participation.

Thirty minutes of daily moderate-level physical activity (such as brisk walking) will reap health benefits. Based on research studies, walking reduces the risk of dying from heart disease or stroke, lowers the risk of heart disease, stroke, high blood pressure, colon cancer and diabetes, protects against certain types of cancer, such as breast cancer, protects against falling and bone fractures in older adults, helps control joint swelling and pain from arthritis, and helps to control weight. In addition, regular physical activity, such as walking, combats anxiety and depression, manages stress, improves self-esteem, aids in sleeping better, helps an individual feel more energetic and provides an opportunity to socialize actively with friends and family.

For registration information, contact the Bergen County Cancer Coalition Coordinator at 201-634-2707 or e-mail aferrara@co.bergen.nj.us to request a registration form. Participants must register by May 11th to receive a complete Walk at Work packet. Please submit one registration form per organization/school. The form is also available online at www.bergenhealth.org.

The Bergen County Cancer Coalition is funded through a grant from the New Jersey Department of Health & Senior Services' Office of Cancer Control and Prevention (OCCP). For more information on Comprehensive Cancer Control in New Jersey, please visit: www.njcancer.gov.