



News from the Office of
ERIE COUNTY EXECUTIVE MARK POLONCARZ

NEWS RELEASE

Health Commissioner Dr. Gale Burstein

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“Be Active Erie County” Halloween Celebration

Program encourages fun and fitness

ERIE COUNTY, NY— Erie County Health Commissioner Dr. Gale Burstein announced that Erie County Department of Health (“ECDOH”) is sponsoring with the Wellness Institute of Greater Buffalo “Be Active Erie County!” a series of guided walks for all ages in our beautiful Erie County parks.

“Regular physical activity helps people get and keep a healthy weight,” said Burstein. “Adults need at least 2 and 1/2 hours (150 minutes) a week of aerobic physical activity. Inactive adults have higher risk for early death, heart disease, stroke, type 2 diabetes, depression, and some cancers.”

The last scheduled “Be Active Erie County!” walk for this year is October 27, 2012 at Chestnut Ridge Park in Orchard Park. The Erie County Sheriff’s Office Mounted Reserve unit will lead the walk through Chestnut Ridge Park. At this event several family oriented activities are planned. There will be adult, children and pet Halloween costume contests, a scavenger hunt as well as all the regular activities present at all “Be Active Erie County!” walks such as health screenings including blood pressure, BMI and others. Assorted health education materials and smoking cessation services, products, and cessation program enrollment available at each walk. Additionally, the Hillcrest Volunteer Fire Department will be present to help educate about Trick or Treat and fire safety.

Registration for the walk begins at 9 am at the Park Casino. The walk itself begins at 10 am with activities to follow.

For information on the “Be Active Erie County!”, and other programs visit:

<http://www2.erie.gov/health/>