I. Call to Order: Chairperson, Richard A. Ortoski, DO, called the meeting to order at 5:00 PM.

I. Public Comments: None to report.

II. Presentations:
- Board requests for future meetings
  - Meeting time will remain at 5 PM.

IV. Approval of Minutes:
- Meeting minutes from July 24, 2017 were approved on a motion from Carla Picardo, MD, and seconded by Joy Taylor, Esq. Carolynn Masters, PhD abstained. Accepted by majority vote; all in favor.

V. Director’s Report:
- Budget Report:
  - Melissa Lyon presented an overview of the proposed 2018 Health Department budget. The “Department Request” budget is discussed with County Administration and County Council.
  - Budgets are designed to reflect grant revenues, proposed PA Dept. of Health Act 315 funding, and county funding.
    - Act 315 funding – a slight increase from PA DOH is probable. This funding stream could increase significantly if expanding County general funds was allowed, as the PADOH would provide matched funding to off-set County expenditures.
    - Grants – Great Lakes Restorative Grant funding acquired to support staff and programming needs for small-flow septic systems inspections through 2019. Immunization Grant has received a reduction in funding from the PADOH; additional County funds requested to support staff wages and fringes; programming funding reduced significantly ($84,000), but will not affect immunization clinics.
    - Overall increase of County funds in the Community Health Services budget is less than 1 percent, while internal staff restructuring has resulted in a 25% increase in clinic services for the public.
    - R. Anthony Snow, M.D., has been subcontracted as the STD clinician, allowing 3 nursing staff to assist with these clinics.
  - Donations – reflects one-time grant funds from community partners and the dental health grant.
  - County Administration Budget Review Meeting: Modifications by County Administration included the elimination of the Chief Health Strategist/Grant Writer position. This position will be proposed again in early 2018.
  - County Council’s Budget Meeting with Department Directors: No County Council Members were present during the specified date/time that Melissa Lyon was requested to present the ECDH budget before County Council.
Questions regarding the budget were asked by Council CPA, Joseph Maloney. The overall County share will increase by 11%, or $141,000, mainly due to the loss of immunization funding, which results in approx. $100,000 of this share; additional information regarding the immunization
share will be forwarded to CPA Maloney, as requested. Admin fees related to insurance billing will be used to help offset some of these additional County costs. Councilman Jay Brenneman was able to attend the meeting towards the conclusion of Melissa Lyon’s budget presentation; he was asked if he would advocate for the ECDH budget as proposed.

Blue Zones Site Visit occurring 11/28 – 11/30/2017:

- Funding for the Blue Zones Site Visit has been provided by LECOM Health System ($10,000) and Erie Community Foundation grants: Erie Healthcare Collaborative ($20,000), and Helping Today ($10,000), totaling $40,000 for this 3 day event.
- Blue Zones project is designed to incorporate various community health/wellness programs together to establish a “healthy community”.
- A “champion” or “champion organizations” are needed to fund and sponsor a community-wide, health-oriented program of this degree, to provide leadership, collaboration efforts, and measurable health outcomes.
- Weekly planning meetings and conference calls began in mid-October.
  - Health Dept. staff have been involved in these meetings along with other community advocates.
  - Blasco Library and County Planning offices have been secured for all Blue Zones Site Visit meetings.
  - Board of Health members are requested to be available for discussion with the Blue Zones Site Visit team.
- LECOM has been asked to either host a breakfast or dinner during the Site Visit.
- Maritime Museum will host the Wine at 5 community leadership social.
- Blue Zones team members will return to Erie in Jan 2018 to present their findings during the Site Visit and announce if Erie is ready for a Blue Zones community-based project.
  - Potential funders and commitment is needed prior to the Jan 2018 presentation.
  - If there is no commitment, Blue Zones is done, and the Blue Zones Site Visit report can be used by local leaders to decide how to improve the health of the community.
- Erie County Department of Health is not the lead agency for the Erie Blue Zones project and will not be the agency to oversee or “champion” the Blue Zones project for Erie.

VI. Old Business:

Board of Health Retreat

- Priorities developed at the Retreat were discussed:
  - Priority 1 – obtained by ECDH presentations to community agencies, ECDH Director’s Award. Board of Health members could attend ECDH staff meetings, if they choose.
  - Priority 2 – Melissa Lyon will contact Donna Green, Gannon University, to discuss assistance with grant writing to obtain funding for ECDH or a grant-writer position. Future presentation to Board of Health regarding outcomes.
  - Priority 3 – obtained by developing Board of Health member business cards. Melissa will provide the Board members will a monthly email regarding the developments/happenings at ECDH.

Public Health Champion Award

- Concept is to show appreciation and provide value to public health related interactions/events within the community or completed by individuals, businesses, etc. Such an award was developed by the Licking County Board of Health; their award criteria will be sought and adapted for the Erie County Board of Health. A motion was made to pursue and develop the award criteria for use by the Erie County Board of Health on a motion by Carolynn Masters, PhD, and seconded by Carla Picardo, MD. All in favor. Melissa Lyon will contact Licking County Health Department.

BOH/Director’s Award

- 2018 Director’s Award recipients may receive a redeemable gift card to the Court House café; research is underway.

Topic Open For Discussion

- No other business discussed.
VII. New Business:

- **NALBOH 2018 Conference**
  - **Save the DATE for the NALBOH 2018 Conference**
    - **August 8-10, 2018**
    - Marriott Raleigh Crabtree Valley
    - [www.raleighmarriott.com](http://www.raleighmarriott.com)
  - Funds are available in the 2018 Health Department budget for a Board member to attend the annual NALBOH conference. Any interested Board member is asked to contact Melissa.

- **Board of Health Meeting Schedule for 2018**
  - **Dates and Times**
    - On a motion from Carolynn Masters, PhD, and seconded by Carla Picardo, MD, the following dates were elected for the 2018 Erie County Board of Health meetings, which will be held the fourth Monday of the month, on the dates listed below, 5:00 PM, at the Erie County Department of Health, Second Floor Conference Room.
    - February 26, 2018
    - April 23, 2018
    - July 23, 2018
    - October 22, 2018

VIII. Board Updates:

- **Division Reports – Formal Written Reports Provided in Advance of Board Meeting**
  - Annual PHAB (Public Health Accreditation Board) report was provided to the Board members. The report describes all updates in performance management, quality improvement, and internal and external partnership interactions. PHAB responded positively about the progress the ECDH has achieved related to accreditation. The next phase of accreditation tracking and reporting is the incorporation of the VMSG program (Vision, Mission, Services & Goals) at ECDH. VMSG was developed for accreditation performance and reporting tracking, incorporating the Strategic Plan, and is being used in other accredited health departments. ECDH hired a consultant to assist with the rollout and implementation processes.

- **Influenza** – there are no reported cases of flu at this time from hospital emergency rooms or PA electronics disease reporting. Doctors’ offices do not consistently report cases of flu to the health department. The labs do the huge majority of reporting.

- **Click Start Your Heart** is a program funded by the PA Dept. of Health to encourage individuals to walk for exercise. Utilizing existing walking/bike paths in Erie County, individuals can register for the Click Start program on-line, receive a key fob to record walking on local trails, and be entered to win prizes. There are over 900 registrants to date. Exclusion from winning prizes are ECDH staff only. Click Start Your Heart and register to begin walking for fitness: [www.clickstartyourheart.com](http://www.clickstartyourheart.com)

IX. Adjournment:

- The meeting was adjourned at 6:32 p.m., on a motion by, Carolynn Masters, PhD, and seconded by Richard Ortoski, DO. All in favor.

Respectfully submitted,

Pamela K. Brunner, Recording Secretary

**The next Health Board meeting is scheduled for MONDAY, FEBRUARY 26, 2018 AT 5:00 P.M.**
Administration Division Report

1. Old Business/Current Projects:
   a. Blue Zones will be conducting a Site Visit November 28-30. The $40,000 was secured from Erie Community Foundation (2 separate awards) and LECOM Health System. Please save-the-dates as your participation will be requested. Formal invitations will be sent in the near future. The first planning call was held on Friday October 13th.
   b. Budget has been reviewed by County Administration. All new positions placed into the budget were removed again this year. However, ECDH may request those positions in the first quarter of the new year. The Chief Health Strategist/Grant Writer position will be revisited and proposed again in 2018.

2. New Business:
   a. None to report.

3. Future Planning/Areas of Concern:
   a. None to report.

Community Health Services Division Report

1. Old Business/Current Projects:
   a. None at this time.

2. New Business:
   a. CHS became a "deputized" health department effective 8/1/17. This again allows ECDH to utilize Vaccines for Children (VFC) vaccine for underinsured children. In Oct of 2016, PA DOH had removed that eligibility for local health departments, stating that the need could be met by Federally Qualified Health Centers (FQHCs) and Rural Health Clinics (RHCs). An option was given to local health departments to become deputized. It was pursued at this time as the PA school immunization regulation changed effected 8/1/17. Local FQHCs and Rural Health Clinics were not able to meet the demand for services from underinsured clients, so ECDH expanded this capacity to meet the community need.
   b. Three Public Health Nurses recently took a 1 week course to become Certified Lactation Counselors. This is typically a 3 credit course over a semester, so the training was intense. The PA DOH sponsored the training. The only cost to ECDH was the travel expenses for a week in Altoona PA. This skill will be major asset in our nurse home visiting services, both Nurse-Family Partnership and Parenting & Child Health.

3. Future Planning/Areas of Concern:
   a. Maryland and Delaware have recently identified 40 cases of human infections with an influenza A/H3N2 strain that normally circulates in pigs. These are called variant influenza viruses and do not usually result in person-to-person spread. PA DOH is requesting increased testing of suspected flu if the ill person is known to have had contact with pigs.
Environmental Health Services Division Report

1. Old Business/Current Projects:
   a. Small Flow Treatment Facilities-a third Sewage Enforcement Officer has been hired using Great Lakes Restoration Initiative funds; the 452 systems are currently being inspected and discharge waters are being sampled; permittees are required to submit an annual report-in 2017 ECDH developed and mailed a reminder notice to all permittees, increasing the submittal rate by 22%.
   b. Rabies baiting in Erie County occurred during August and September. There was also a focused baiting area around Sharon PA. Similar to last year, they flew over with rabies vaccine drops in sachet packets. The same educational campaign was conducted by environmental staff within their regional jurisdictions.

2. New Business:
   a. Representatives from PA Department of Agriculture provided training on food safety to ECDH staff October 3 & 4. This is the first time they have held training in Erie County.
   b. A representative from CDC came to Erie and presented the training course: Public Health Emergency Law. Nearly twenty people in attendance including the county solicitor from Erie and Alleghany counties.
   c. ECDH learned that three local bait and tackle shops were smoking fish for customers. ECDH staff met with all three shops to educate them on proper methods of preparing, brining, smoking, packaging, and storing fish. Facilities were very receptive to our outreach.
   d. Community members requested a meeting with PA Department of Environmental Protection’s Office of Environmental Justice to discuss Erie Coke. Erie Coke’s air quality permit is up for renewal. Health and environmental concerns will be the subject of upcoming committee meetings and public meetings.
   e. On September 13, 2017 a PA State Trooper conducting routine truck stops pulled over a truck transporting food items from Brooklyn, NY to restaurants in Erie County. He has been trained to take food temperature and contacted us for assistance after finding the refrigeration unit not working and the food inside at warm, unsafe temperatures. Two inspectors responded, determined which foods were of unsound quality, and together with the trooper, escorted the truck to Lakeview Landfill and disposed of 2,300 pounds of food: chicken, crab, etc. These foods could easily have led to foodborne illnesses within Erie County. We were very fortunate that the trooper took initiative and contacted us. We are following up with the transportation company and local restaurants that would have received the foods.

3. Future Planning/Areas of Concern:
   a. In 2018 mosquito control grant funds will assist in cleaning up a tire pile in Harborcreek Township that creates a mosquito breeding area of standing water in an area of the county where mosquitoes have tested positive for West Nile Virus.
   b. ECO Girls-The Regional Science Consortium (RSC) hosted two teachers from South Africa this summer. ECDH staff gave presentations to them about our environmental programs. The RSC is expanding the collaboration and plans to bring up to 6 teachers here in 2018. They learned so much from our presentations they asked us to present again in 2018.

Epidemiology Division Report

1. Old Business/Current Projects:
   a. Four applications have been received to fill the Public Health Emergency Preparedness coordinator position. Interviews to be conducted the third week of October.

2. New Business:
   a. Four staff attended the Governor’s Emergency Preparedness Summit in Hershey, PA. This was the first time that four state response agencies conducted a collaborative summit.
This was a great way for response partners to meet one another before a disaster were to occur. Excellent networking and idea sharing opportunities.

b. Public Health Preparedness staff are working with law enforcement to evaluate the security of various county locations identified as possible sites for distribution of meds in an emergency event.

c. The Erie County Behavioral Risk Factor Surveillance System (BRFSS) Health Survey final report is almost complete. We expect the finished product by the end of the month.

3. Future Planning/Areas of Concern:
   a. Work has begun on the 2018 Erie County Community Health Needs Assessment. An Executive Committee is in place and planning is in progress.

Health Promotion & Quality Improvement (HPQI) Division Report

1. Old Business/Current Projects:
   a. The fully executed 2017-2020 Safe and Healthy Communities grant (chronic disease and injury prevention) was received from PADOH. The grant mandated focus areas are as follows: Falls Prevention, Healthy Food Access & Physical Activity, Motor Vehicle/Child Passenger Safety, Traumatic Brain Injury, and “Parents in the Know” (child abuse).

2. New Business:
   a. Click Start Your Heart (CSYH) is our newest initiative to address chronic disease, inspired and funded by the CDC’s Million Hearts 2022 campaign. CSYH is a key tab login system at trail heads located throughout the county. Participants log into the ‘job clock’ prior to walking the trails. We have set up the ability to register online and pick up the actual key tabs here at ECDH. Additionally, the Blasco Library has agreed to partner with us, and will be an alternate pick up location for the key tabs. Additional information and registration can be found at http://www.clickstartyourheart.com.
   b. We collaborated with the PA Counterdrug Joint Task Force and the Sheriff’s department for a Rx Tack Back on September 19th, which resulted in a collection of 353 pounds of medication. The next Take Back is tentatively scheduled on December 5th.
   c. HPQI is working with the Erie County Planning Department as a steering committee member, to develop a strategic plan for focused investment in Erie County’s network of recreational assets and their connections to communities within Erie County. This initiative is known as the Erie County Parks, Trails, and Recreation Plan and will be guided by the planning principles and objectives currently being promoted by the Pennsylvania Department of Community and Economic Development (DCED).

3. Future Planning/Areas of Concern:
   a. Concerned about the Tobacco Control Program, with regards to the bond that will most likely be taken against the annual MSA payments, to balance the current state budget.

PHAB Accreditation Update

1. The PHAB annual report has been completed and was submitted on October 11, 2017. We will generally receive feedback on the report within 6-8 weeks.

2. We have purchased a Performance Management software system called VMSG. Vision, Mission, Services, Goals (VMSG) is a cloud-based performance management dashboard system developed and administered by KCA, Inc. The system directly relates to PHAB Accreditation Standard 9.1 and Measure 9.1.1.A and allows staff to update progress in real time. An implementation plan was developed and a third-party consultant was hired to assist staff in the transition to the new system. The Department is currently in early stages of building the system and has rolled it out to QI Team members and Performance Management Team members to begin a three-tiered training process where “super-users” will be identified and paired with peer staff to act as tutors as they complete training for the system. Consistent with best practice and other organization-wide rollouts of new systems and
technologies, a neutral facilitator was subcontracted to provide a balanced and fresh approach that remains sensitive to ECDH's needs for social acceptance of a new and fairly complex system.
DATE: 10/06/2017
TO: Health Alert Network
FROM: Dr. Rachel Levine, Acting Secretary of Health and Physician General
SUBJECT: Guidance for Clinicians on Human infections with Variant Influenza Viruses
DISTRIBUTION: Statewide
LOCATION: Statewide
STREET ADDRESS: Statewide
COUNTY: Statewide
MUNICIPALITY: Statewide
ZIP CODE: Statewide

This transmission is a “Health Advisory”: provides important information for a specific incident or situation; may not require immediate action.

HOSPITALS: PLEASE SHARE WITH ALL MEDICAL, PEDIATRIC, INFECTION CONTROL, NURSING, AND LABORATORY STAFF IN YOUR HOSPITAL

EMS COUNCILS: PLEASE DISTRIBUTE AS APPROPRIATE

FQHCs: PLEASE DISTRIBUTE AS APPROPRIATE

LOCAL HEALTH JURISDICTIONS: PLEASE DISTRIBUTE AS APPROPRIATE

PROFESSIONAL ORGANIZATIONS: PLEASE DISTRIBUTE TO YOUR MEMBERSHIP

Background:
Maryland and Delaware have recently identified 40 cases of human infections with an influenza A/H3N2 strain that normally circulates in pigs. All of the cases had visited swine barns at county fairs in Maryland. Two cases were hospitalized, none have died.

Swine influenza viruses do not normally infect humans; however, sporadic human infections with swine influenza viruses (referred to as variant influenza) can occur. Most commonly, human infections with variant viruses occur in people with exposure to infected swine, for example, children visiting swine barns at a fair or workers in the swine industry. The vast majority of human infections with variant influenza viruses do not result in person-to-person spread. However, each human infection with a swine influenza virus should be fully investigated to determine if person-to-person spread has occurred, and if infected animals are identified, to limit further exposure of humans to these animals.

Clinical presentation and risk groups:
Clinical characteristics of human infections with variant influenza viruses generally have been similar to signs and symptoms of uncomplicated seasonal influenza, including fever, cough, pharyngitis, rhinorrhea, myalgia, and headache. Vomiting and diarrhea also have been reported in some infections in children. Milder clinical illness is possible, including lack of fever. The duration of illness appears to be similar to...
uncomplicated seasonal influenza, approximately 3 to 5 days. While assumed to be similar to seasonal influenza virus infection, the duration of viral replication and possible infectiousness of variant virus infection has not been studied. Exacerbation of underlying conditions (e.g., asthma) has occurred. The same people at increased risk for complications of seasonal influenza are likely at high risk for serious complications from variant virus infection, including children younger than 5 years, pregnant women, people 65 years and older, those who are immunosuppressed, and persons with chronic pulmonary, cardiac, metabolic, hematologic, renal, hepatic, neurological or neurodevelopmental conditions, as well as those with other co-morbidities, including extreme obesity.

**Clinical diagnosis:**
Variant virus infection cannot be distinguished by clinical features from seasonal influenza virus infection, or from infection with other respiratory viruses that can cause influenza-like illness (fever and either cough or sore throat). Therefore, the key to suspecting variant virus infection in an ill patient is to determine if there was any exposure to pigs in the 7 days prior to illness onset. Exposure can be defined as follows:

- Direct contact with swine (e.g., showing swine, raising swine, feeding swine, or cleaning swine waste)
- Indirect exposure to swine (e.g., visiting a swine farm or walking through a swine barn), especially if pigs were known to be ill; or
- Close contact (being within 6 feet) with an ill person who had recent swine exposure or is known to be infected with a variant virus.

For patients with influenza-like illness and swine exposure as defined above, collect respiratory samples for influenza testing as outlined below. Clinicians should obtain a nasopharyngeal swab or aspirate (or a combined nasal swab and throat swab), place the swab or aspirate into viral transport medium, and contact their local health jurisdiction (call 1-877-PA-HEALTH) to arrange transport to the Pennsylvania Department of Health Bureau of Laboratories (BOL). **Routine testing for influenza will not identify variant infections; specimens on ill persons with swine exposure must be sent to the BOL.** If testing is also going to be done at the hospital or clinic, the specimen should be split or two specimens should be taken so that one can be immediately sent to the BOL. For collection guidance refer to the BOL website [www.health.pa.gov/labs](http://www.health.pa.gov/labs) under Clinical Microbiology/Specimen Collection Guidance.

**Reporting:**
Clinicians should notify their local public health jurisdiction about any patient with influenza-like illness with exposure to pigs in the 7 days prior to illness, as described above. Call 1-877-PA-HEALTH if you do not know how to contact your local public health jurisdiction.

**Clinical management and antiviral chemoprophylaxis:**
Clinical management of variant virus infection is similar to management of seasonal influenza virus infections. Patients with uncomplicated variant virus infection can be managed on an outpatient basis, with close monitoring for clinical progression and development of complications. Early neuraminidase inhibitor antiviral treatment is indicated for all hospitalized patients, severe and progressive illness, and for any high-risk patients with suspected or confirmed variant virus infection. Variant viruses tested to date are susceptible to the neuraminidase inhibitor drugs oseltamivir, peramivir and zanamivir. These drugs can be prescribed to treat variant virus infections. However, most variant viruses are resistant to the antiviral drugs amantadine and rimantadine; therefore, amantadine and rimantadine should not be prescribed. CDC recommends against antiviral chemoprophylaxis (before or after swine exposure), including for persons who are at high risk for influenza complications. If such high-risk persons become
ill, they should seek medical care as soon as possible and early antiviral treatment should be started if influenza, including variant virus infection, is suspected.

**Infection control:**
Limited, non-sustained human-to-human transmission of some variant viruses has been reported, but the risk of human-to-human transmission is thought to be low. However, it should be assumed that variant viruses may be transmitted from person-to-person. Therefore, in health care settings, infection control recommendations are the same as for seasonal influenza, including standard and droplet precautions. Health care personnel who collect respiratory specimens from ill persons for influenza testing should follow standard and droplet precautions, as recommended for patient care.

**Vaccination:**
No vaccine specifically targeted against variant influenza viruses is available at this time. Immunization with seasonal influenza vaccine does not provide protection against infection with variant viruses. However, seasonal influenza vaccination is recommended for all persons aged 6 months and older to prevent seasonal influenza and to minimize co-infection with variant and seasonal influenza, which could lead to genetic reassortment and result in a new influenza strain.

For more information about variant influenza, visit the CDC website at: [https://www.cdc.gov/flu/swineflu/interim-guidance-variant-flu.htm](https://www.cdc.gov/flu/swineflu/interim-guidance-variant-flu.htm)

**Categories of Health Alert messages:**
- **Health Alert:** conveys the highest level of importance; warrants immediate action or attention.
- **Health Advisory:** provides important information for a specific incident or situation; may not require immediate action.
- **Health Update:** provides updated information regarding an incident or situation; unlikely to require immediate action.

This information is current as of October 6, 2017, but may be modified in the future.
Registration Form

I have had the opportunity to have my questions answered about participation in Click Start Your Heart. My signature below confirms that I have read, understand and agree to the terms outlined in the *Consent Waiver and Release for Participation in Click Start Your Heart. I understand that additional information, as well as copies of the Consent Waiver and Photo Release forms, can be found at: ClickStartYourHeart.com.

* Required for participation

*Print Name
*Date of Birth

*Signature
*Date

*Signature of parent/guardian (if under 18)

*Address

*City
*State  *Zip

(    )   —

*Phone (required for prize notification)

Email (for prize notification if no phone number is given)

Race  Gender Identity

*How many days per week are you physically active for 30 minutes or more? ____________

______ My initials confirm that I have read, understand and agree to the terms outlined in the Photo Release for Participation in Click Start Your Heart.

For registration information, visit:
ClickStartYourHeart.com

Follow us on Facebook®
@ClickStartYourHeart

CLICK in and START moving for YOUR HEART!

Have fun
Explore Erie County parks
Win free prizes
Enjoy better health

This project is funded in part by the Pa. Department of Health’s Preventive Health and Health Services Block Grant.
How it Works
Erie County Department of Health invites you to visit participating parks and trails around Erie County to CLICK in with your free key tab and START moving and being active for a healthier HEART! Follow the simple directions on the CLICK in station signs at participating parks and trails to get started!

Win Prizes
Prizes are awarded regularly! Each time you CLICK in at any of the 10 trails, your name is entered to win! The more you CLICK in and be active, the more chances you have to win!

How to Register
Visit ClickStartYourHeart.com for a list of community events where you can register for your free key tab. Descriptions for where to find the CLICK in stations at each park can also be found online.

Trail Locations
1. Albert L. Caflisch Memorial Park
   48 Willow St., Union City
2. Asbury Park
   4106 Asbury Rd., Erie
3. Bell Park
   Intersection of Priestly and Iroquois Ave., Lawrence Park
4. Frontier Park
   1501 West 6th St., Erie
5. Gibson Park
   Intersection of Lake and Main St., North East
6. Girard Borough Park
   34 Main St. W., Girard
7. Harborcreek Community Park
   3125 Clark Rd., Harborcreek
8. Mead Park
   974 Mead Ave., Corry
9. Pleasant Ridge Park
   8271 Barker Rd., Fairview
10. West Branch French Creek Conservation Area Trail
    12055 Wattsburg Rd., Wattsburg

Perks of Moving More
Lower Your Disease Risk
Being more active more often lowers your chances of heart disease, stroke and many illnesses.

Increase Energy
Being physically active lowers fatigue levels and increases your energy. It also helps lower stress levels.

Control Your Weight
Being physically active helps you get to or stay at a healthy weight. Eat lots of healthy foods for even better results.

Increase Strength & Flexibility
Being active increases muscle strength and flexibility. This helps keep your bones strong and can also improve balance and help prevent falls.

Improve mood
Physical activity triggers brain chemicals that help improve mood, decrease your risk of depression, and help you sleep better.