

MEDIA RELEASE

ERIE COUNTY DEPARTMENT OF HEALTH



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Erie Walks fitness competition registration deadline is April 4

Erie, PA — Deadline to register for this year's Erie Walks, the fun annual event promoting fitness for businesses and organizations, is April 4.

Organized by the Erie County Department of Health, the event is a free program for businesses, organizations, and nonprofits that encourages walking for at least 30 minutes a day in order to gain health benefits.

"Healthy adults in the workplace can be more productive and work with as little health-related interruption as possible, allowing them to become driving forces in their communities and society. Being healthy also allows them more energy and time to spend with their loved ones," said Leann Sestak, Erie Walks Coordinator. "Erie Walks is an opportunity for organizations to enhance their employee wellness program or to use as a foundation for starting one."

Walking is a great way to get the physical activity needed to obtain health benefits, according to the US Department of Health and Human Services. It does not require any special skills, a gym membership or expensive equipment. A single session of moderate-to-vigorous physical activity can improve sleep, memory, and the ability to think and learn. It also reduces anxiety symptoms.

The "[Physical Activity Guidelines for Americans](#)" recommends that, every day, adults get at least 30 minutes of moderate intensity or 15 minutes of vigorous intensity aerobic physical activity, or an equivalent combination. Following these guidelines can contribute to overall health and decrease the risk of chronic diseases such as heart disease, cancer or diabetes.

Erie County businesses and organizations with at least one brick and mortar location are eligible to participate. Team members earn points for their team for each day they walk at least 30 minutes. Participants will be able to monitor their progress at ErieWalks.org.

Participants record the number of days they walk each week and the group with the highest weekly walking average wins. The winner of the competition will receive a trophy and have the privilege to display it at their brick and mortar location until the next Erie Walks competition.

Registration is ongoing at ErieWalks.org. For more information, contact the Erie County Department of Health at 814-451-6700 or ecdhinfo@eriecountypa.gov.

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