

MEDIA RELEASE

ERIE COUNTY DEPARTMENT OF HEALTH



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Erie Walks winners announced



Winning teams of Erie Walks, a fitness event organized by the Erie County Department of Health. Erie Regional Chamber and Growth Partnership in the Small Team Category (left) and Widget Financial in the Large Team Category.

Erie, PA — The winners of this year's Erie Walks, the fun annual event promoting fitness for businesses and organizations, are Erie Regional Chamber and Growth Partnership in the Small Team Category and Widget Financial in the Large Team Category. 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.

"Erie Walks is an opportunity for organizations to enhance their employee wellness program or to use as a foundation for starting one. We know health-conscious employees are more productive and less likely to call in sick," said Leann Sestak, Erie Walks Coordinator. "The program is structured to encourage participants to meet recommended physical activity guidelines. Participants earned points for each day they were active for 30 minutes or more."

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

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