



*** MEDIA ADVISORY ***

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FOR IMMEDIATE RELEASE

Long Islanders Invited to Take a Walk in the Park

Part of New York State Health Department's National Public Health Week Celebrations

FREE EVENT NO REGISTRATION

(Hauppauge, NY . . . March 27, 2015) An historic "walk in the park" is planned for Thursday, April 9, 2015 at 10 a.m. at Belmont Lake State Park in North Babylon, NY. The event is part of the New York State Department of Health's recognition of National Public Health Week (April 6 – 12) and the diverse services offered by the state and local health departments to residents.

With parks providing settings of natural open space in which to exercise, the New York State Office of Parks, Recreation and Historic Preservation is partnering with the State Health Department and the Long Island Health Collaborative (LIHC) for this event. The walk is organized, on behalf of the state, by the Long Island Health Collaborative (LIHC). Acting State Health Commissioner Dr. Howard Zucker and State Parks Commissioner Rose Harvey, along with local county health commissioners, Dr. Lawrence Eisenstein (Nassau) and Dr. James Tomarken (Suffolk), will lace up their sneakers and lead the walk.

The event is free (no parking fee) and open to the public and no registration is required. Interested participants are simply asked to come with sneakers and a readiness to walk about a mile around Belmont Park's lake.

Numerous research studies confirm that the simple act of WALKING – at any pace – reaps numerous health benefits. The Centers for Disease Control and Prevention (CDC) recommends 150 minutes of activity each week. That's about 20 minutes a day. Physical activity, including walking, can help improve blood pressure, weight, cholesterol and even mood.

The Long Island Health Collaborative's Recommendation for Walking public health campaign also "steps" out April 9, with the state and local commissioners ceremonially signing the first Recommendation for Walking slip. LIHC hopes that physicians, nurse practitioners, and physician assistants throughout Long Island use the campaign to recommend walking to their patients.

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This walk in the park is sponsored by members of the Long Island Health Collaborative (LIHC) - a bi-county initiative that promotes improved health through physical activity and nutrition awareness. Collaborative members include Suffolk County and Nassau County Departments of Health, Long Island's 24 hospitals, community-based social and human service organizations, schools, colleges, local governments, health plans, and other partners. LIHC is coordinated by the Nassau-Suffolk Hospital Council, the association that represents LI's not-for-profit and public hospitals.

Learn more about LIHC's efforts at:

<http://nshc.org/long-island-health-collaborative/>

