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## **Take a Sunset Stroll down Jones Beach with the Long Island Health Collaborative**

*Long Islanders of all ages invited to free event*

June 21, 2016 (Hauppauge, NY) – A beachfront stroll down the Jones Beach Boardwalk will take place on Thursday evening July 21<sup>st</sup> at 6 p.m., hosted by the Long Island Health Collaborative. There is no event fee, parking fee, or registration. The Sunset Stroll will highlight walking as a simple and easy way to include exercise and healthy habits in a busy lifestyle. Guests at the stroll include New York State Health Commissioner Dr. Howard A. Zucker.

The Collaborative is focused on helping community members to better manage and prevent chronic diseases. They are hosting the Sunset Stroll to promote walking as an easily achievable exercise. The Collaborative sponsors an interactive online portal called, [Are You Ready, Feet?™](#), which can be used by people of all ages to track physical activity and progress.

“There is mounting scientific evidence that walking at any pace improves physical and mental health,” says Janine Logan, director of the Long Island Health Collaborative. “This is the Collaborative’s third walking event, and we plan to keep hosting walks, hikes, and other activities that promote walking. And with our Are You Ready, Feet?™ online portal, we can reward Long Islanders for making these healthy choices and incentivize others to do the same. ”

The Are You Ready, Feet?™ portal is an interactive dashboard that lets users track their physical activity via minutes moved, miles traveled, or steps walked. Users can receive trophies for their accomplishments, watch as their dashboard maps a journey across Long Island, share on social media, and be entered to win health and wellness prizes every time they log activity.

Participants at the July Sunset Stroll will be given the opportunity to sign up for [Are You Ready, Feet?™](#) and log the evening’s steps as their first activity.

The Collaborative will meet at Jones Beach, at the west end of Field 4 on Thursday July 21<sup>st</sup> at 6 p.m., rain or shine. Remarks from Dr. Zucker and representatives from both Nassau and Suffolk County departments of health will be followed by a mile and a half stroll down the Jones Beach Boardwalk. Participants are encouraged to bring sunscreen, bug spray, and water.

### **About the Long Island Health Collaborative**

The [Long Island Health Collaborative](#) is a partnership of Long Island's hospitals, county health departments, physicians, health providers, community-based social and human service organizations, academic institutions, health plans, local government, and the business sector, all engaged in improving the health of Long Islanders. The LHC is part of the Long Island Population Health Improvement Program, which is a New York State Department of Health grant-funded initiative designed to promote population health activities.

