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Centereach Resident Has #ReadyFeet, Wins Health Collaborative Prize Drawing

HAUPPUAGE, N.Y. (March 10, 2017) – Dedicated grandfather and veteran mall walker was randomly chosen as the winner of **Are You Ready, Feet?™** drawing, and received a basket of prizes along with a FitBit Flex – which he was about to buy himself.

Jim Brooks, a resident of Centereach, Long Island, made his way to the Long Island Health Collaborative (LIHC) offices on a snowy Friday to collect a new FitBit Flex, and a pile of items donated by partners of the LIHC for the Are You Ready, Feet?™ winner. The LIHC's [online Are You Ready, Feet?™ portal](#) allows users to track their physical activity by minutes moved, miles traveled, or steps walked. For each activity logged, users receive an entry into a random drawing for health and wellness prizes, like the one Brooks walked away with.

With 143 activity logs and a total of 1,681.01 miles moved, Brooks regularly logged the steps recorded by his fitness tracker.

“My FitBit died on me a little while ago,” says Brooks. “I was going to buy myself a new one, so the timing is perfect.” A pair of Brooks’ earbud headphones recently stopped working as well, and he was delighted to discover the three new pairs in his prize basket. The basket of prizes, all donated by LIHC members, includes t-shirts, gift cards, a lunchbox, a universal phone charger, an umbrella, key chains, phone accessories, and more.

For years, Brooks has been a participant of the Smith Haven Mall Walkers Club, a safe and easy exercise program run by Stony Brook Medicine. Stony Brook University Hospital has been a member of the Long Island Health Collaborative since the group’s inception in 2013.

The Long Island Health Collaborative is focused on helping community members to better manage and prevent chronic diseases. The [Are You Ready, Feet?™](#) physical activity portal and surrounding campaigns are dedicated to highlighting the low-impact, low-risk, widely accessible activity of walking for improved health outcomes.

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 associations, human service organizations, academic institutions, health plans, local government, and the business sector, all engaged in improving the health of Long Islanders. The LIHC is an initiative funded by the New York State Department of Health through the Population Health Improvement Program grant.

