

Press



Release

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FOR IMMEDIATE RELEASE

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Legislator Aney Paul's Walking Program

Legislator Aney Paul invites Rockland residents to
get fit in the new year by joining her walking group
Saturday, February 7th, 2015
8am to 9 am

New City, NY (January 23, 2015) – Rockland County Legislator Aney Paul has been organizing walking groups to help Rockland residents improve their health for a number of years. She is starting a new walking group, in conjunction with the Rockland County Department of Health's "Steps to a Healthier Rockland."

Research has proven walking and moderate physical activity can help reduce the risk of coronary heart disease, improve blood pressure and blood sugar levels, maintain body weight and lower the risk of obesity, and reduce the risk of (type 2) diabetes. Plus, it just makes you feel good!

“As a health professional, I’d much rather see people out exercising than as my patients” said Legislator Paul, “and I am happy to offer our community a way to get healthier in a warm, safe place during the winter. In past walking groups I’ve organized, some participants continued after the eight weeks were over. This is a way that residents can kick-start a healthy walking routine for eight weeks, and continue on for a healthier lifetime. Bring a friend or make some new ones!”

Anyone wishing to join Legislator Aney Paul, please meet at the Palisades Center Mall, by the ferris wheel in the 3rd floor food court, at 8:00 am, for a one-hour walk, at your own pace. Participants will then continue walking for eight weeks, at days, times, and places that are convenient to them, and the group will reconvene with Legislator Paul on March 28, 2015, at 8 am for another group walk. Water will be provided, plus walking logs and free pedometers from the County's Health Department to track your progress. If you have any questions, please contact her at PaulA@co.rockland.ny.us or (845) 638-5100.

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