

Press



Release

11 New Hempstead Road, New City, NY (845) 638-5100 Fax: (845) 638-5675 Email: legclerk@co.rockland.ny.us.

FOR IMMEDIATE RELEASE

Contact: **Hon. Aney Paul**, Deputy Majority Leader
Laura Incalcaterra, Communications Director

(845) 638-5753
(845) 638-5184

'Building A Healthy Community' **Legislator Aney Paul Launches 2nd Annual Walking Program**

Saturday Morning
Feb. 13 At The Palisades Center Mall In West Nyack

New City, NY (Feb. 10, 2016) – Rockland County Legislator Aney Paul invites all Rockland residents to join the second annual “Building A Healthy Community” eight-week walking program starting this Saturday.

Paul, a registered nurse, has organized several previous walking groups to help Rockland residents improve their health. Research shows that walking and moderate physical activity can help reduce the risk of coronary heart disease, improve blood pressure and blood sugar levels, maintain body weight, lower the risk of obesity, and reduce the risk of type 2 diabetes, Paul said.

“February is ‘Heart Month’ and this is a great opportunity to take a step in the right direction when it comes to improving or maintaining good health,” Paul said. “As a health professional with more than 30 years’ experience, I prefer seeing people exercising to seeing them as my patients. I’m happy to help local residents enjoy access to exercise in a warm, safe place this winter.”

Meet by the carousel side of the food court on the third floor of the Palisades Center mall. Sign-up and an information session runs from 8:30 a.m. to 9 a.m. A walk around the mall runs from 9 a.m. to 10 a.m. Water will be provided. The first 50 people to sign-up will receive a free pedometer, provided by the county Department of Health.

Participants will continue walking for eight weeks, at days, times and places convenient to them. The group will reconvene with Legislator Paul on April 2 for a group walk. For more information, contact Legislator Paul at 845-304-1580 or aneypaul@yahoo.com.

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