

## **Program: WALKING**

### **Rockland Residents Are Walking With Two Great Programs**

#### ***At the Palisades Mall: You're Already Here... Walk It! Rockland County Walks: Did You Take a Walk Today?***

##### **THE MALL: You're Already Here... Walk It!:**

West Nyack, NY, January 2008— In its fourth year, Steps to a HealthierNY launched the revitalized mall-walking program, WALK IT! in partnership with the Palisades Center and Good Samaritan Hospital — the concept in a nutshell: if you're already at the mall – make use of the opportunity and Walk It!

Walk It! is a mall-walking program that encourages people to walk frequently as the foundation for a healthier lifestyle. Engaging in a walking program can help reduce the risk of heart disease, burn calories, lower blood pressure, increase muscle tone, improve circulation, prevent bone loss, and simply make you feel good.

**EARNING PRIZES:** Apart from the grand prize of better health, participants in the WALK IT! program can earn prizes just for walking, ranging from a pedometer (step counter) to gift cards for stores located right at the Palisades Center. Members take advantage of free monthly activities, health and wellness screenings, and raffle drawings.

Why the Palisades Center? It's indoors! It's climate-controlled! There's plenty of window-shopping! There's entertainment! and more. All this, and the Palisades Center offers two miles of it; making the center an excellent place to be physically active. Open for walkers from 6 a.m., Monday through Saturday, and 8 a.m. on Sunday, the Palisades Center is accessible at almost anytime of the day, rain or shine. So lace up and join the rest of Rockland as you WALK IT! at the Palisades Center. Register for Walk It! at Customer Service on Level 1.

##### **Rockland County (RC) WALKS: Did You Take a Walk Today?**

Rockland County, NY, January 2008- RC Walks — It's now four years later and the Steps to a HealthierNY walking program has engaged thousands of residents in physical activity. The program offers several opportunities for residents to walk. Residents can request a free pedometer to walk on their own, participate in a series of guided walks offered at county parks with trained Rockland County Trail Guide Docents leading the way, and be apart of an interactive, family-friendly park walking program known as RC Walks Trail Tracker. These programs were created in partnership with the County of Rockland's Parks Department, AmeriCorps and Rockland County Department of Health (DOH).

The RC Walks Trail Tracker program encourages families to be physically active together, while enjoying the public parks throughout the county. With a 'passbook' to guide the way, participants answer questions at 14 county parks to earn prizes. A Rockland family stated: *"We have enjoyed the program very much. This is a great way to encourage people to exercise while learning about the various parks. We found new places to walk that we might not have gone to on our own such as Mountain View."*

The RC Walks Pedometer Program provides residents with a free pedometer to track their steps and daily accomplishments. Mrs. K. Keill – a parent of a participant stated: *"I will tell you that my son registered through his school, Highview Elementary, and he is determined daily to beat his 'score". He has asthma and I am so excited that he is moving around as much as he is. We have tried to share his pedometer, but*

*he did not want to give it up. We are very excited to take part in this program and receive our own. Thank you so much.”*

Through small funding awards, the Steps program has also worked with the Town of Orangetown and Tappan Zee Elementary to improve walking trails and install fitness stations.

As a reminder, check with your doctor before starting a new exercise program, wear comfortable shoes and clothing when walking, drink plenty of water, and walk at a comfortable pace. If you experience difficulties breathing, slow down. If you feel weak, dizzy, or have chest pain, call for help.

For more information call the Rockland County DOH at 845-364-2500 or visit the STEPS website at [www.rocklandsteps.org](http://www.rocklandsteps.org)