

## **NEWS RELEASE**

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### **Resolve to Walk for Your Health**

If your New Year's resolution is to drop a few pounds, handle stress better or have more energy, start by taking a walk. Every mile you walk adds 20 minutes to your life! The Pinellas County Health Department and Step Up Florida can help you keep track of the miles toward your fitness goals as part of the 100 Mile Walking Program's *Leap Into Healthy Living* effort.

Walkers who turn in logs with 100 miles recorded receive a T-shirt and certificate. Best of all, they will improve their health, control their weight and feel better. Why walk?

- *It's inexpensive.* No health-club fees and no special equipment, other than a comfortable pair of walking shoes.
- *It's easy.* No special training or instructors needed! Walk indoors at a shopping mall or outdoors on a beautiful Florida day.
- *It's effective.* Walking burns calories, lowers your blood pressure, strengthens your muscles and relieves stress.



Take the first step with the 100 Mile Walking Program's mileage log at [http://24.173.147.139/wellness/pdf/Pinellas\\_100\\_Mile\\_Walking\\_Program\\_Brochure\\_July\\_20.pdf](http://24.173.147.139/wellness/pdf/Pinellas_100_Mile_Walking_Program_Brochure_July_20.pdf). Track your walks and turn in completed logs to the Pinellas County Health Department's Office of Health Promotion after you've completed 100 miles. Walk a mile a day and, before spring is over, you'll have reached your milestone!

For walking tips, healthy recipes and other ways to get fit and feel better, go to [www.PinellasWellness.com](http://www.PinellasWellness.com).

For information about the Pinellas County Health Department, go to [www.PinellasHealth.com](http://www.PinellasHealth.com).

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