



**McHenry County  
Department of Health**

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**FOR IMMEDIATE RELEASE**  
**April 5, 2010**

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Join co-workers on National Start Walking Day – Wed. April 7th

**Woodstock IL** – These days, adults are spending more time at work than ever before. An unfortunate side effect is that, as a nation, we're becoming more inactive. This is a big problem as physical inactivity doubles the risk of heart disease. On Wednesday, April 7<sup>th</sup>, McHenry County employees will bring their sneakers to work and take part in a 30 minute walk to raise awareness for **National Start Walking Day**, sponsored by the American Heart Association (AHA).

Several worksites in McHenry County are also hosting employee walks to show commitment to a longer, healthier life. Workplace wellness boosts employees' productivity and helps them stay healthy. Research shows the benefits of walking and moderate physical activity for at least 30 minutes a day can help reduce the risk of coronary heart disease, improve blood pressure, lower the risk of obesity, enhance mental well being and reduce the risk of breast and colon cancer.

It's easy to get involved! Company representatives should visit [www.americanheart.org](http://www.americanheart.org) to receive registration materials, posters and flyers and to set up walking paths around worksites in support of a healthier life. For more information on cardiovascular programs, contact McHenry County Department of Health at 815-334-4510.

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*"Working to prevent disease and promote health and safety for all people of McHenry County since 1966."*