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HEALTH COMMISSIONER
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Dr. Justin Krueger

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Mr. Keith Watson

Our mission is to protect the health, safety and well-being of all Union County by providing quality public health services.

An equal opportunity employer/ provider

Press Release

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May10, 2012 **For Immediate Release**

May 16th is Sneaker Day!
Get outside and stretch your legs for awhile, or walk a mile!

Sneaker Day is our local way of celebrating Healthy Ohio Fitness Walk Day and National Employee Health & Fitness Month. The Union County Health Department encourages all residents to put on their sneakers and take a walk!

"Our goal this year is to have at least 1,000 Union County residents walk one mile on Sneaker Day," said Brenda Rock, Health Educator for the Union County Health Department. "We've received quite a response from our businesses and community partners who are ready to lace up their sneakers in support of physical activity."

The goal of Employee Health and Fitness Month is to promote the benefits of a healthy lifestyle to employers and their employees through worksite health promotion activities and environments. Formerly National Employee Health & Fitness Day, Employee Health & Fitness Month has been extended to a month-long initiative in an effort to generate sustainability for a healthy lifestyle and initiate healthy activities on an ongoing basis.

This Sneaker Day many local businesses, schools, and government agencies in Union County are taking to the streets to promote physical activity and wellness for their employees and customers. Participating worksites include: Honda Lock R and D, Junior Library Guild, North Union School District, Raymond SACC Program, Richwood Civic Center, Sumitomo Electric Wiring Systems, Union County Department of Job and Family Services, Union County Engineer's Office, and Union County Senior Services.

- more -

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In addition, several walks open to the community have been scheduled. Anyone is welcome to join participate in these organized community walks:

- 7 a.m. – Led by the Union County Health Department (meet outside BMV)
- 9:30 a.m. – Led by the Union County Family YMCA (meet in the lobby)
- Noon & 3 p.m. – Led by Memorial Hospital of Union County (meet at main entrance)
- 6 p.m. – Led by Fairchild Fit Females & Friends (meet at Milford Center Community Center)

If you are interested in joining a community walk, please visit the Union County Health Department Website for more information on scheduled walks throughout the day on May 16th!

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