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**HEALTH DEPARTMENT EXPANDS *LIVE HEALTHY PUTNAM* INITIATIVE
EARN A FREE PEDOMETER!!**

Brewster, NY – The Putnam County Department of Health is pleased to announce the expansion of the *Live Healthy Putnam* initiative which was established more than 3 years ago to improve the health and well being of Putnam County residents. The initiative began with identifying local restaurants that agreed to use only transfat free cooking oils in their food preparation. These restaurants display a red check in the window indicating the trans fat free status. The list is periodically updated on the Putnam County website.

The next phase of the *Live Healthy Putnam* is the development of a comprehensive website that offers information about nutrition, fitness and general wellness. County residents can access the *Live Healthy Putnam* website by visiting www.putnamcountyny.com. The website will be updated with new information about health and will offer ongoing “tips of the week”. Planned events, walks, etc. will be promoted through the website.

Also as part of this initiative, the Health Department is encouraging residents to complete an on-line survey to assess their current wellness status. Those who complete the on-line survey are eligible to receive a high quality pedometer! The survey will generate personalized advice on healthy eating, fitness activities, as well as ideas to improve overall wellness. Those Putnam County residents who complete the survey will be able to print out a completion certificate entitling them to a “goody bag” containing the pedometer and information on nutrition and fitness. Residents must bring the certificate to the Health Department, 1 Geneva Road, Brewster, to receive the “goody bag”.

The *Live Healthy Putnam* initiative will be on-going with “tips of the week” provided on the website. Due to the alarming rise in rates of obesity, diabetes and hypertension, among both young and older residents, the Health Department is encouraging people to get out and do something to increase physical activity and improve their health. Eating better is also important to improve one’s health. Visit one of the county’s many Farmer’s Markets, cut out empty calorie soft drinks and drink more water. Every little effort can go a long way in improving your health! For more information on the *Live Healthy Putnam* Initiative please contact the Department’s Health Education Unit at 808-1335.

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