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FOR IMMEDIATE RELEASE

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**HEALTH DEPARTMENT ENCOURAGES PUTNAM COUNTY RESIDENTS TO
TAKE THE *LIVE HEALTHY PUTNAM* QUIZ AND RECEIVE A FREE
PEDOMETER!**

Brewster, NY – The Putnam County Department of Health is encouraging Putnam County residents to visit the *Live Healthy Putnam* website and take the on-line nutrition and physical activity quiz currently being offered. The quiz will generate personalized advice on healthy eating, fitness activities, as well as ideas to improve overall wellness. The first 250 residents who complete the quiz will be entitled to a pedometer simply by printing out the completion certificate at the end of the quiz and bringing it to the Health Department. County residents can access the *Live Healthy Putnam* website by visiting www.putnamcountyny.com.

Aside from the quiz, the website offers valuable information about nutrition, fitness, and general wellness. The website will be updated regularly with new information about health and will offer ongoing “tips of the week”. Planned events, walks, etc. will be promoted through the website. For more information on the *Live Healthy Putnam* initiative please contact the Department’s Health Education Unit at 808-1335.

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