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**FOR IMMEDIATE RELEASE**

**Date: September 23, 2010**

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**Ribbon Cutting Ceremony Held at the Veteran's Memorial Park**

Kent, NY - A Ribbon Cutting Ceremony was held on Wednesday, September 22, 2010, to promote the unveiling of newly purchased outdoor fitness equipment at the Putnam County Veteran's Memorial Park. Dignitaries including Senator Vincent Leibell, County Executive Robert Bondi, Deputy Chairwoman of the Putnam County Legislature MaryEllen O'Dell, and Dr. Sherlita Amler, Health Commissioner, as well as members of the Health Department's chronic disease prevention coalition attended the ceremony, some even trying out the new equipment.

The brightly colored, sturdy equipment was obtained through a grant from the New York State Department of Health. The equipment was purchased as part of a chronic disease prevention initiative developed by the Putnam County Department of Health known as *Live Healthy Putnam*. Due to the alarming rise in obesity rates, 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. The Putnam County Veteran's Memorial Park is a wonderful way for residents to get moving! For a small annual fee of \$40 (\$85 for non-county residents), or a \$5 per day pass, the park offers hiking trails, swimming in season, a children's playground (directly adjacent to the fitness equipment), horseshoe pits, volleyball, and fishing for children 16 years and younger!

The *Live Healthy Putnam* initiative is web-based and provides on-going "tips of the week". 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 eating healthier and tips on 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 to receive the “goody bag”. Be aware, supplies are limited.

Information on healthy eating is also part of the *Live Healthy Putnam* initiative. 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 visit the website at [www.putnamcountyny.com](http://www.putnamcountyny.com) or contact the Department’s Health Education Unit at 808-1335. For more information on the Putnam County Veteran’s Memorial Park, call 808-1994 or you may also visit [www.putnamcountyny.com](http://www.putnamcountyny.com) .

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