

PRESS RELEASE

Nancy Rouch

717-240-6512

Everybody Walk Across PA 2015

Penn State Extension will once again be taking a virtual walk – this year visiting the natural beauty of Pennsylvania State Parks. Gather your family and friends or co-workers to form a team of up to five. Team members will try to average walking or exercising ten miles per week to meet the goal of Everybody Walk Across PA. Walk with your team or on your own at a time and place convenient for you – we will be virtually visiting the state parks, you do not have to walk there. Of course if they are convenient for you, what a wonderful place to walk. Team captains will report the mileage for their team each week. Everyone will receive weekly e-mail updates on the progress as we virtually visit the many parks.

Each week will bring a new theme; Beautiful vistas, dramatic waterfalls, unusual geologic features, family friendly hikes and much more. Along the way there will be tips on outdoor food safety, ideas for child friendly activities, motivators to keep walking, and strategies for eating more fruits and vegetables. All of this will keep everyone moving toward a healthier lifestyle.

The program will run March 30th through May 24th. It's free but registration is required by March 29, 2015. Register or learn more about this event at

<http://extension.psu.edu/health/walk-across-pa> or contact Nancy Rouch at 717-240-6512 or ner10@psu.edu.

Moderate activity such as walking reduces stress and fatigue and increases mental alertness. It improves cardiovascular functioning and strengthens bones. Combined with healthy eating, it can help to reduce or maintain body weight and decrease incidence of certain chronic diseases. Spring is a great time to get outside and be more active and eight weeks can help turn those healthy behaviors into healthy habits. Take the first step and join in Everybody Walk Across PA!