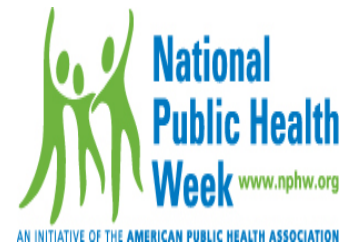




NEWS



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Take A Walk with Us

McLean County Health Department Invites the Community to Participate in National Public Health Week

BLOOMINGTON, IL- During the celebration of National Public Health Week (April 2nd through April 8th), the McLean County Health Department encourages residents to consider how they can help create a healthier McLean County by making small changes to improve their own health. To help get people started, the 4th annual Downtown Walk Around is slated for Friday, April 6th from 11:15 a.m. until 1:15 p.m. in downtown Bloomington and the community is invited to participate.

“A simple activity many people can do is begin a daily walking routine,” explains Camille Rodriguez, Administrator of the McLean County Health Department. “Good health and physical activity go hand-and-hand,” says Rodriguez. “In 2016, nearly half of U.S. adults did not meet recommended guidelines for weekly physical activity. We are your partners in prevention, we want to help residents adopt healthy behaviors and make healthier choices to improve their quality of life and reduce their risk of chronic diseases like heart disease and diabetes. We hope many people will choose to take a walk with us.”

All steps, big or small, help improve health and there’s no pressure to keep up with a big group. Walkers can choose their own walking route, start time and finish time, and pace; or choose to walk with Health Department staff. Registration will be set-up in the lobby of the Government Center, at the entrance on 115 East Washington Street. All registered walkers will be eligible to receive a 50% off coupon from the downtown Bloomington Subway store for a lunch order that day.

National Public Health Week is organized by the American Public Health Association (APHA) to bring together communities across the United States to celebrate, recognize, and honor the contributions of America’s public health workers and highlight issues that are important to improving our nation. Follow the Health Department on Twitter (@McLeanHealth) and “Like” the us on Facebook (Facebook.com/McLeanHealth), for information about public health affecting you.

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