



FOR IMMEDIATE RELEASE
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Wolf Administration Highlights Importance of Physical Activity, WalkWorks® Program

Harrisburg, PA – The Wolf Administration Wednesday demonstrated the importance of staying active and physically fit during a walk on the downtown Harrisburg WalkWorks route, which traverses nearly one and a half miles through the city.

“Physical activity is one of the most important steps to living a healthy life,” Secretary of Health Dr. Levine said. “Recent data indicate that in nearly one-in-four adults are not physically active in a month. As obesity rates increase, exercise is one way to stay healthy.”

Adults should exercise for 150 minutes, or two and a half hours, each week. Teens and adolescents should exercise for at least an hour each day.

WalkWorks is a collaborative effort that launched in July 2014, by the Department of Health and the University of Pittsburgh Graduate School of Public Health. It encourages communities across Pennsylvania to support physical activity by promoting active transportation, such as walking and biking, as well as other types of physical movement.

The program also provides safe and easily accessible walking areas for people to remain physically active. There are currently 82 WalkWorks walking routes across 17 Pennsylvania counties.

In many locations, lack of access to areas to safely walk or run is cited as one of the top reasons for residents’ poor physical health. These concerns can be addressed by proactive communities looking at zoning ordinances and design guidelines, along with implementing health-promoting policies to help residents stay active and healthy.

“It is important to make sure you are exercising safely. Extreme weather conditions during the summer months can be dangerous, and even potentially deadly if you do not take necessary safety precautions, such as staying hydrated,” Dr. Levine said. “And before beginning routine physical activity, you should first consult with a medical professional.”

Additional information on the importance of physical activity and the WalkWorks program can be found on the Department of Health’s website at health.pa.gov or follow us on [Facebook](#) and [Twitter](#).

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