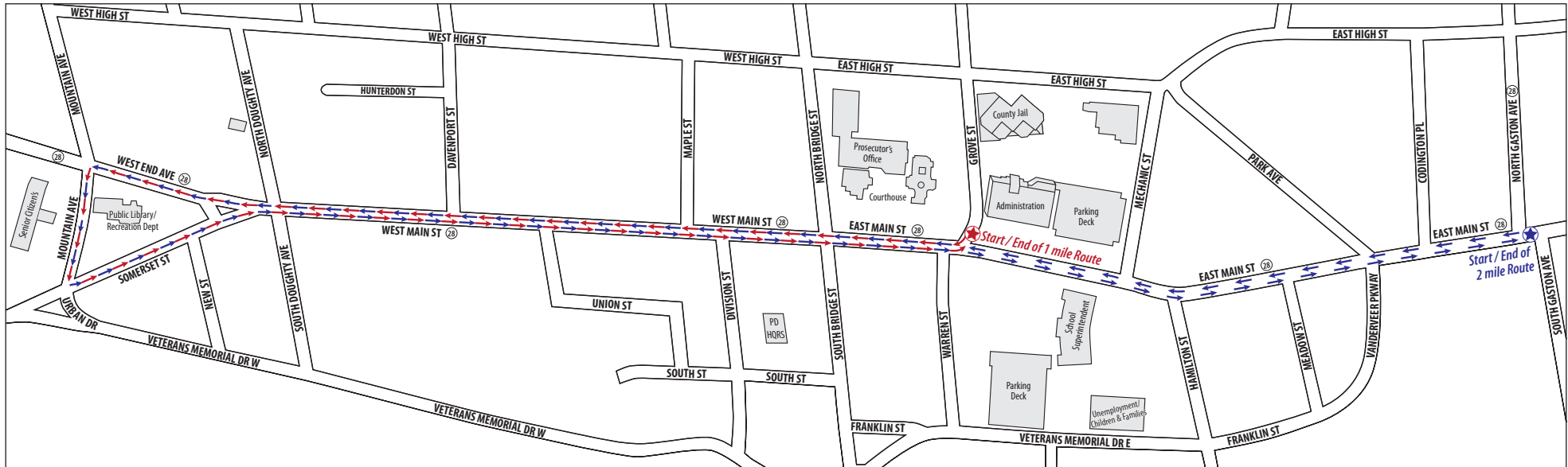




# Heart of a Healthy Community

## 1 & 2 Mile Walking Map for Downtown Somerville



**1 Mile Walk Route:** Start at the corner of Main Street & North Bridge Street. Go west on Main to the Municipal Building. Go left around the Municipal Building to Somerset Street, which takes you back to Main Street. When you reach South Bridge Street you have completed your mile walk.

**2 Mile Walk Route:** Start at the corner of Main Street & North Gaston Avenue. Go west on Main to the Municipal Building. Go left around the Municipal Building to Somerset Street, which takes you back to Main Street. When you reach the corner of Main Street and South Gaston Avenue, you have completed your two mile walk.

# SOMERSET COUNTY EMPLOYEES "GO RED"

## IN SUPPORT OF NATIONAL HEART HEALTH MONTH

To all Somerset County Employees:

February, National Heart Health Month is a time to battle cardiovascular disease and educate Americans on what we can do to live heart-healthy lives. Heart disease, including stroke, is the leading cause of death for men and women in the United States.

Make it your Mission to Fight Heart Disease in Women by Wearing a Red outfit on **Friday, February 3, 2012**. There will be a photo-op session at the following buildings followed by a one (1) mile walk to commemorate the day (please join us and wear comfortable shoes/sneakers):

**20 Grove Street – Walk led by Paul Malarcher @ 12 noon, Atrium**

**27 Warren Street – Walk Led by Linda Porcaro @ 12noon, 1<sup>st</sup> Floor lobby**

**Richard Hall – Walk led by Linda Newton @ 3:30pm, Partial Care Area**

**Emergency Services Training Academy – Walk led by Linnny Mahedy @ 12noon, Main Entrance**

By embarking on this walk; the Somerset County Department of Health in collaboration with the County Wellness Committee is encouraging all employees to incorporate walking or any physical activity into their daily routine (***please turn over for a 1 and 2 mile walking map for downtown Somerville***). Physical activities like brisk walking, can lower the risk of heart disease. Below are some compelling reasons why you should consider a lunch time exercise routine....Stories from our fellow county employees

*Sherri Lynn (MIS):*

I signed up for my first Avon Walk for Breast Cancer back in 2002. Knowing that I had to train diligently to walk the distance was my motivation. Since I looked and felt better and my energy level increased, it was easy to continue walking during the off season. It also gave me the boost to get through the afternoon...except on those really nice days when I wanted to keep walking...to my car in the parking deck.

I have been walking for at least 10 years...30-40 minutes depending on what I bring for lunch. Walking has kept the weight off and has helped me maintain my youthful appearance, energy level and competitiveness in other sports.

Start with realistic goals and stick with them. Try to find more reasons to walk rather than excuses not to. It takes 28 days to form a habit. Start with that commitment...you're worth it!

*Paul Malarcher (Human Resources):*

I've always enjoyed the opportunity to get out of the office and into fresh air. It gives me a chance to clear my mind without interruptions, clear my lungs, stretch my legs, and gets my blood flowing. When I return to work, I find it easier to address complex problems.

I started walking to the local deli when I worked in Branchburg – it was about 10 minutes each way and the route had no sidewalks and took me on the shoulder of Route 202. I walk about the same distance now, and the fact that we have sidewalks and lots of good walking routes here in Somerville makes it much easier and safer.

I find that a 20-minute walk two or three times a week helps me feel generally better both physically and emotionally – and that I really miss my walks when I cannot take them.

Keep a pair of comfortable shoes at work so that you can grab a chance to take a walk.

***An ounce of prevention is worth a Pound of Cure (Benjamin Franklin) – Begin an exercise routine now!!!***