

Pomperaug District Department of Health

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For Immediate Release

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PDDH to Hold Walking Program

The Pomperaug District Department of Health will soon begin a walking program. The program is funded by a Preventive Health Block Grant and will be provided at no cost to participants. Space is limited and pre-registration is required; call 203-264-9616, ext 0.

The walking program, "Movin' on Main", begins on May 16th and will be led by Betsey Thibodeau, RN, Public Health Nurse and Mona LaBissoniere, Health Educator. The program will meet twice a week, from May 16 to June 27 on Mondays and Thursdays from 9:30 AM to 10:30 AM, at the Southbury Green Shopping Plaza, which will be the starting off point for a walk along Main Street in Southbury. The sessions will last for approximately one hour and will include at least 30 minutes of brisk walking with some stretching exercises before walking and some cool down stretching afterwards. Participants will be asked to walk on their own at least one additional day during the week. Walkers will also be required to take a Physical Fitness Readiness Questionnaire prior to beginning the program and may be asked to obtain medical clearance from their physicians before beginning the program. Participants should be able to walk briskly for 30 minutes without difficulty.

This walking program is for persons interested in increasing their physical activity levels to the recommended 30 minutes a day on most days in a friendly, companionable environment. People can walk at their own pace, with the goal of increasing their speed and their level of speed and endurance gradually. The Pomperaug Health District would like to encourage participants to take as many steps during the day as possible, thereby increasing physical activity levels. Persons who take part in the program will receive a pedometer to use during the duration of the program to measure their progress.

Participants of programs will begin and end the programs with cholesterol screenings that measures total cholesterol, LDL cholesterol, HDL cholesterol, blood glucose and blood pressure. Participants must fast for 9-12 hours prior to the screening. The screening is open only to participants of the "Movin' on Main" program. The initial screening will held by appointment in early May.

At the end of the program, participants can have their cholesterol levels checked in June to see if the lifestyle changes they have made have lowered their cholesterol levels. These screenings are scheduled for June 19, 24, 25 and 26 from 8:45 AM to 10:00 AM at the Pomperaug Health District Office. Appointments are required, 203-264-9616.

