

PRESS RELEASE

For immediate release

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Everybody Walk Across PA on scenic Route 6

As part of its "Road to Health" initiative, The PA Route 6 Alliance has partnered with Penn State Extension to encourage Pennsylvanians to take a virtual walk across scenic Route 6.

Gather your family and friends to form a team of five. To meet the goal of Everybody Walk Across PA, each person will need to average walking or exercising ten miles per week. Walk with your team or on your own at a time and place convenient for you! The team captain will report the mileage for their team each week, and everyone will receive updates on the progress as we virtually move across the state. Along the way there will be tips on buying, eating and using fruits and vegetables, especially those grown right here in PA, as well as fun information about towns along Route 6. All of this will keep us moving toward a healthier lifestyle. This program is free but registration is necessary. Registration deadline is March 20, 2014 and the program will run March 31st through May 25th. To find out more or to register for this event visit

<http://extension.psu.edu/health/events/everybody-walk-across-pa> or contact Karen Bracey at kbracey@psu.edu.

Moderate activity such as walking is shown to reduce stress and fatigue and increase mental alertness as well as improve cardiovascular functioning and strengthen bones. Combined with healthy eating, it can help to reduce or maintain body weight and 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!