

## Press Release

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### LOCAL COMMUNITY RALLYS TOGETHER TO SUPPORT WELLNESS AND WALKING FOR HEALTH

**April 28, 2010, Warrensville Heights, Ohio:** The most important thing you can do for your health today is to start walking. In support of walking for health, South Pointe Hospital, Warrensville Heights City School District and Councilwoman Deborah A. Hill, are sponsoring the Annual Warrensville Heights Wellness Walk on Saturday, May 8, 2010.

Walking is the easiest, safest and most economical way to get – and stay – in shape. Yet 42 percent fewer Americans walk today compared with 25 years ago. For the Warrensville Heights area, this year, more community members are joining in on the Wellness Walk than ever, with triple the number of walkers already signed up than in 2009.

All ages are welcome to participate, and anyone is welcome to show up the day of. Registration and light refreshments for walkers begin at 7:00 a.m. and the walk begins at 8:00 a.m. at the Warrensville Heights Recreation Center (at the High School) 4270 Northfield Rd., Warrensville Heights. Rain or shine, walkers will march on, motivated by Warrensville Heights High School cheerleaders along the 2 mile walk from the Recreation Center to South Pointe Hospital, and back.

The health benefits of walking are astonishing. “Walking turns on genes that decrease your risk of cancers...Over the long term, walking also decreases the risk and pain of osteoarthritis,” says Dr. Michael Roizen, Chief Wellness Officer and Chairman of Cleveland Clinic’s Wellness Institute. “I can’t think of many things in your body that walking doesn’t improve, and virtually everyone reading this can do it.” Walking also improves memory function, bone and muscle strength and balance. Best of all, walking is free.

So tie up your sneakers and join the Warrensville Heights community to walk to health on Saturday, May 8<sup>th</sup> at 7:00 a.m.

### About South Pointe Hospital

South Pointe Hospital, a Cleveland Clinic hospital, is a 213-bed acute care, community teaching hospital serving the healthcare needs of Cleveland's southeast suburbs since

1957. The hospital is dually accredited by the Joint Commission and the American Osteopathic Association. South Pointe is one of the largest osteopathic teaching hospitals in the state. Satellite facilities are located in Sagamore Hills and Twinsburg. South Pointe Hospital's goal is to deliver a patient-centered model of care, which promotes the healing of the mind, body and spirit in a patient-focused, safe environment.

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