



ULSTER COUNTY LEGISLATIVE NEWS

ULSTER COUNTY NEWS INFORMATION
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FOR IMMEDIATE RELEASE
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ULSTER COUNTY LEGISLATIVE CHAIRMAN BERNARDO JOINS THE AMERICAN HEART ASSOCIATION IN RECOGNIZING NATIONAL WALKING DAY



(Kingston, NY) – Legislative Chairman Terry Bernardo took a break from her busy schedule today to prepare for tomorrow’s recognition of National Walking Day sponsored by the American Heart Association.

As part of the National event, Chairman Bernardo is encouraging all Ulster County residents, visitors, employers and employees to wear sneakers tomorrow to work, school, shop and play.

“Taking that one extra step in your walking routine is the start of a life changing process,” said Chairman Bernardo, a certified Pilates instructor, “Physical activity is great when it is incorporated into your daily activities.”

As part of this National Walking Day, Ulster County residents are encouraged to take just 30 minutes out of their day to get up and walk.

Ulster County residents who join the millions of Americans across the Nation on April 3, 2013 to take steps to a healthier life are asked to let the Chairman know by joining her in the newly formed online Ulster County Walking Club. “Let’s join together in our efforts by walking with others to stay motivated and improve our accountability while meeting new people with similar goals. Whether you have been a lifelong walker or just started as part of this effort, join the Ulster County Walking Club today at www.MyWalkingClub.org and keep this healthy momentum going.”

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