News From the Wyoming Department of Health

Wednesday, February 15, 2006

Governor's Capitol Walk to Support Commit to Your Health Day

CHEYENNE –Governor Dave Freudenthal is proclaiming February 22 as "Commit to Your Health Day," and is hosting an early morning walk Wednesday around the capitol grounds to support a Wyoming Department of Health initiative.

"Commit to Your Health Day" is sponsored by the Wyoming Department of Health as part of the department's overall initiative to increase awareness by Wyoming residents about healthy choices for themselves and their families.

"I invite Wyoming's residents to join me in focusing on the benefits of regular physical activity," Freudenthal said. "This walk is an example of the simple choices that can have a big impact on our lives."

A 2004 Wyoming Department of Health study found approximately 78,000 of adults living in the state (20.8 percent) report being obese, and approximately 75,000 adults (20.1 percent) reported they participated in no leisure time physical activity in the past 30 days.

"Obesity is one of the nation's fastest-growing health problems," Wyoming Department of Health Director, Dr. Brent Sherard said. "This trend is leading to increases in chronic conditions and illnesses such as diabetes, heart disease and cancer."

"The effects of obesity and these related illnesses are increasing the financial burdens on Wyoming's employers, communities, government entities and, most importantly, on our families," Dr. Sherard continued.

"Increased physical activity can help lead to weight loss and can dramatically reduce the personal risk of developing many serious diseases," Dr. Sherard said.

The public is invited to attend the walk, which will begin Wednesday, February 22, at 7 a.m. on the front capitol steps. The sidewalk route will go west along 24th street to Carey Avenue, north along Carey to 26th street, east along 26th street to Central Avenue, south along Central Avenue to 24th street and west back to the capitol steps.

####