



# JEFFERSON COUNTY General Health District

— Prevent. Promote. Protect. —

## News Release

**FOR IMMEDIATE RELEASE**

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### **JCGHD & YMCA Wellness Center St. John Arena Partner for Walking into Wellness**

**STEUBENVILLE, OH** – The Jefferson County General Health District and the YMCA Wellness Center St. John Arena are partnering for Walking into Wellness as February is Heart Month. Heart disease is the leading cause of death in the United States, but it can often be prevented. Adopting a heart-healthy lifestyle can help you reduce the risk of heart disease and its risk factors. The walking challenge is an initiative designed to encourage people to take steps every day to improve their heart health. The target number of miles is 28 during the month of February. That could be one mile per day or multiple miles several days per week.

A 2023 Northwestern Medicine study found that older adults (people aged 60 and older) who walk 6,000 to 9,000 steps per day had a 40% to 50% lower risk of cardiovascular disease, such as heart attack or stroke, compared to those who took 2,000 steps per day. For most people, it takes about 2,000 to 2,500 steps to walk a mile, so the ultimate goal will be for participants to build a foundation that allows them to walk multiple miles per day. In addition to physical activity, the National Institute of Health recommends getting quality sleep, proper nutrition, controlling blood pressure, cholesterol, and blood sugar, stopping smoking, and managing stress as other necessary measures to maintain a healthy heart.

The Walking into Wellness Challenge begins Saturday, February 1. Jefferson County residents or YMCA members can join the challenge at no cost. The YMCA is open from 5 am to 9 pm Monday – Friday, 7 am to 9 pm Saturday, and 7 am to 5 pm Sunday. Participants can sign-up for the program at the registration desk. Eight (8) laps around the YMCA track will be considered 1 mile for this challenge. Everyone who completes all 28 miles will be entered in a drawing for prizes.

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