Saratoga on the move™

Saratoga on the move™

- Hospital CEO
- Local Foundation President
- Mayor
- Deputy Mayor
- Newspaper Editor
- Town Planner
- Town Supervisors
- Chamber President
- School Superintendent
- YMCA
- County Health Dept.
- Nursing Home CEO
- Local Business Leaders
- Cooperative Extension
- NYS Dept. of Health
- Local College Representatives

Saratogians taking a step in the right direction

CLARK BELL/The Saratogian

Saratoga Hospital President David Andersen, center, and Mayor Ken Klotz, to his right, help kick off Saratoga On the Move Saturday at High Rock Park. The movement is part of a national drive to help people get in shape by walking 2,000 more steps a day. For more information on Saratoga On the Move, call project director Alicia Wardell at 587-5606.

Sunday, October 26, 2003

2000 Extra Steps A Day Keep the Pounds Away!

What are the goals of America And Saratoga On the Move?

"So many of our health problems can be avoided through diet, exercise and making sure we take care of ourselves. By promoting healthy lifestyles, we can improve the quality of life for all Americans, and reduce health care costs dramatically." – *Tommy Thompson, Secretary of the U.S. Dept. of Health & Human Services.*

By taking a few simple steps you can reduce or eliminate many of the complications from being overweight, including:

- diabetes
- high blood pressure
- coronary artery disease
- gallbladder & liver disease
- stroke
- osteoarthritis
- low back pain
- some cancers

For more information or to purchase a step counter contact:

The Wellspring Project

518.583.4645

saratogaom@socialrenewal.org

Saratoga Hospital

518.583.8485

http://www.americaonthemove.org

This brochure has been generously underwritten by...

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and

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6 Care Lane, Saratoga Springs
518.583-6821

Saratoga Care & The Wellspring Project are proud to sponsor

Saratoga on the move™

Research shows that 60% of Americans are overweight with the average adult gaining 1 to 3 pounds per year!

Saratoga On the Move hopes to stop this trend by encouraging people to increase their daily steps by just 2000 each day and/or decrease their calorie intake by only 100 a day.

Mayor on the move — gets with the program

By JILL WING
The Saratogian

SARATOGA SPRINGS — Mayor Mike Lenz strapped on his pedometer last week and got with the program. The mayor is taking the lead in a new health initiative in town called Saratoga on the Move.

The program, put together by the Wellspring Project and Saratoga Hospital, is the local version of a nationwide effort to get people walking toward a healthier and more active lifestyle and to help combat obesity.

Lenz is so committed to the local program, he addressed it in his State of the City speech in January.

"It is a real tangible thing people can do to get healthy and to stay in shape," he said. "Tangible" because the pedometer, which counts each step a participant takes in a day, takes the guesswork out of keeping track of your progress.

The goal of the program is to get people to take about 2,000 more steps a day than they normally would.

Last Monday, Lenz established his baseline (how many steps he routinely takes in a given period of time). Over the course of about 3½ days last week, Lenz took 1,975 steps between his job as mayor and as a pharmacist at Menges and Curtis.

To fulfill his goal of adding an additional 2,000 steps to his routine, Lenz plans to walk from City Hall to the entrance to Congress Park and back every day. He walked the route last week with his pedometer and it added up to just about the required number of extra steps he needs to take every day. Two-thousand steps per day is roughly equivalent to one mile.

In addition to walking, Saratoga on the Move encourages participants to choose healthy food in correct portions.

This month's Smart Calorie tip is "Eat an open face sandwich and eliminate one slice of bread."

Every month, The Saratogian will profile a participant in Saratoga on the Move. To get with the program, start walking.

Pedometers to gauge your progress are available for $10 at the Wellspring Project, 110 Spring St., and in the education department at Saratoga Hospital.

CLARK BELL/The Saratogian

TOP: Mayor Michael Lenz shows the pedometer he wears on his belt to count his steps.

RIGHT: Mayor Lenz takes the stairs in City Hall.

The Saratogian
December 13, 2004

Saratoga on the Move

CLARK BELL/The Saratogian

Yonka Perkins, fitness director at the Saratoga County YMCA, has tipped the scales of her pedometer, averaging more than 10,000 steps per day. Perkins is another Saratogian participating on the Saratoga on the Move initiative to lose weight and gain fitness. The program is part of a national effort to fight obesity. To get involved in the Saratoga on the Move program and monitor your steps, pedometers are available for $10 at the Wellspring Project, 110 Spring St., or in the Education Department at Saratoga Hospital. Everyone is encouraged to walk 2,000 more steps than their daily average and eat 100 fewer calories each day. Perkins' smart calorie tip: Eat a salad or fruit before you eat your meal to avoid over eating.

Saratoga on the Move

ED BURKE/The Saratogian

Jesse, left, and Emmett Golden-Marks, 13-year-old twins, step out in front of their house on Regent Street. The brothers are among hundreds of residents involved in the Saratoga on the Move walking program, which encourages people to use pedometers to guage the distance they walk each day and the number of calories burned. The twins' smart tip is to exerc ise before eating. Over a three-day period, the brothers logged 24,102 steps (8,034 per day). One mile is about 2,000 steps. To learn more or to purchase a pedometer, which makes a treat holiday gift, call 583-4645 or visit www.americanthemove.org.

Saratoga on the Move

REBECCA PADULA/The Saratogian

Assemblyman Jim Tedisco (R-Schenectady) steps out as part of Saratoga on the Move's fitness initiative.

Assemblyman makes health and fitness a legislative issue

SARATOGA SPRINGS — Assemblyman Jim Tedisco (R-Schenectady) has joined the Saratoga on the Move initiative to promote health and fitness in Saratoga County.

"I will use my position as a public official to create a

Tedisco isn't all talk, either. "This past year I bought a treadmill that counts fat calories and regular calories burned. I make it a point to walk on it every day and burn a minimum of 300 calories (100 fat calories)."

Saratoga On the Move

CLARK BELL/The Saratogian

Bonnie Linehan of Saratoga Springs is Saratoga On the Move's "Active Senior of the Month," averaging 12,076 steps (about 6 miles) a day. She sold her car when she moved to Embury Apartments, so walking is her way of life. She is very fit. Her "smart calorie tip": "Eat only the pie filling and leave both the crust and 100 calories behind." To increase your steps, The Wellness Center of Saratoga is sponsoring a free walking group that meets at 10 a.m. Tuesdays and Thursdays at the Spa Little Theater parking lot. For information, call 583-6821.

Town takes steps to fight fat

Halfmoon *Saratoga on the Move urges residents to walk more often to cut down on obesity*

By DENNIS YUSKO
Staff writer

Halfmoon is the first suburban community in the county to endorse Saratoga on the Move, a grass-roots, county-wide health initiative to reduce obesity.

The program advocates moving more and eating less to get more area residents to lose weight and stay in shape. By walking an additional 2,000 steps a day (about one mile or 20 minutes) or eating 100 fewer calories a day, Americans can prevent gaining 1-3 pounds each year, said Penny Ruhm, project director of Saratoga on the Move.

Keeping those pounds off can prevent obesity-related diseases like diabetes, heart disease, osteoporosis and some cancers, she said.

"We have an epidemic of obesity," Ruhm said.

The county chapter of the national America on the Move group officially formed in Saratoga Springs in December. But Halfmoon does not have sidewalks or a pedestrian shopping district like Broadway in Saratoga Springs.

Henrietta O'Grady, chairwoman of the Halfmoon Trails Committee, hopes the program results in changes in community planning, too. The ultimate goal is to evolve from a car community to a more walkable one.

"This is all beneficial to those of us interested in trails," O'Grady said.

The walking program could boost the development of many historic trails and paths in town, especially along the canal, she added.

"You need a safe place to walk. it's difficult walking on roads with no shoulders. If you have a trail system, you have more of an opportunity to walk in a safe place," O'Grady said.

Ruhm said Saratoga on the Move was working to get a map of all the trails in the county so it could begin signing up other suburban communities. "Trails are wonderful, absolutely," Ruhm said.

Joining the program cost the town nothing but a letter of endorsement. Adding Halfmoon to the county's list of participating communities was important because the Saratoga Springs-based organization wanted a connection to the southern part of the county, Ruhm said. Supervisor Kenneth DeCerce, who owns a step counter to measure the number of steps walked, was also instrumental in getting the program started in town.

"We're trying to engage local communities," Ruhm said.

Saratoga On the Move wants to sign up 8,000 members in the county on its Web site, http//www.americaonthemove.org. There is no fee or obligation.

Having a goal of walking 2,000 more steps a day can make people reconsider jumping into a car to go short distances, Ruhm said. "You start to think differently," she said.

SARATOGA ON THE MOVE

According to Saratoga on the Move and the national group America on the Move:

- More than 300,000 Americans die each year from obesity-related diseases.
- At least 60 percent of Americans are not getting sufficient exercise.
- 25 percent of Americans get little to no exercise.
- Heart disease is the leading cause of death in Saratoga County.
- About 78 percent of county residents do not perform regular and sustained physical activity for 30 minutes five times a week.
- 29 percent of county residents are overweight.

For information about the Saratoga on the Move, or to purchase a step counter for $10, call Project Director Penny Ruhm at 583-4645 or go to the Web site at http://saratogaOM@socialrenewal.com.

The Saratoga Business Journal
January 2005

Saratoga On The Move Helps Combat Obesity

BY AMY STUCK

America's problem with obesity is a prime news topic lately, and with good reason. The average American gains two to three pounds every year. More than 130 million Americans, or 64.5 percent of the adult population, are overweight, and almost 59 million, or 31 percent, are obese. And childhood obesity is on the rise as well, with one in four children obese.

Additionally, more than 60 percent of American adults do not get the recommended 30 minutes of physical activity a day and 25 percent of American adults aren't physically active at all. Due to our fast-food driven, busy lifestyle, many people struggle to get regular exercise and eat healthy. At the end of a hectic day, it's easier to relax in front of the TV than to go to the gym.

But a new movement is spreading around the country to promote simple changes in our eating and exercise habits that can reduce obesity. America On The Move (AOM), a national grassroots initiative of the nonprofit organization The Partnership to Promote Healthy Eating and Active Living was started to overcome these problems of obesity in our communities.

In Saratoga County, local leaders recognized the significance of the obesity problem from a public health perspective, and that they needed to do something about it. They applied to become an affiliate organization of AOM, were accepted, and in December 2003 Saratoga On The Move was created. In February 2004 Penny Rahm was hired as the project coordinator.

Guided by a 25-member advisory council, and a working committee of approximately 10 members, Saratoga On The Move has been active throughout the county, participating in community walks, health days, selling pedometers, and most recently, promoting various events county-wide for the National America On The Move Day held Nov. 5. Some of the

Continued On Page 21

Obesity Is A National Problem

Continued From Page 17

events included a Maplewood On The Move Day for the staff of Maplewood Manor in Ballston Spa and county employees. Saratoga On The Move also partnered with Schuyler Farms to provide a discount on admission to the farm's Haunted Corn Maze to anyone who mentioned Saratoga On The Move or wore a pedometer.

The overall purpose of Saratoga On The Move is to increase awareness of things individuals can do to become healthier. It focuses on small simple changes to improve health. According to Penny Rahm, "Essentially, the purpose of the program is to stop the weight gain of two to three pounds every year. The program promotes small changes that are sustainable and doable by anyone."

These small changes include encouraging individuals to:

Walk 2000 steps more per day (about one mile), and eat 100 fewer calories per day (about a pat of butter).

Based on research by Dr. Jim Hill, AOM founder and director of the Center for Human Nutrition at the University of Colorado, studies showed people who made these two simple daily lifestyle changes were no longer gaining weight. Stopping the weight gain is the first step to ending the increase in obesity.

Locally, the goal of Saratoga On The Move is to get 6,000 people involved in the program to make these two simple changes. Though not required, participants can choose to register for the program via the Web site, where they can also track their activity and progress on their own.

Saratoga On The Move also sells pedometers, which can be a useful way to track your number of steps per day, and they have materials and information available on how to make these simple changes.

"Finding little ways to be more active, like parking a little further away from the office, can make a difference," said Rahm.

According to Rahm, the reasons for the increase in obesity in Americans is directly related to the change in our lifestyle and affluence.

"Computers, video games and other technologies have made us more sedentary, and with our increased affluence, they are more available. Our auto-dependent communities are designed to be efficient, but not conducive to physical activity. For most people this means physical activity is no longer just part of their day. It now has to be carved into their day."

So far, Saratoga On The Move has had outstanding support and involvement from the community. Saratoga Hospital was one of the original co-sponsors of Saratoga On The Move, and continues to support the program in many ways.

The Saratoga County Board of Supervisors Public Health Committee put forth the county's first health proclamation declaring Nov. 5, 2004 as Saratoga On The Move Day, which was signed by Fred Acunto, board chairman.

Said Acunto, "The Saratoga County Board of Supervisors have always prided themselves in maintaining and improving the quality of life of the county residents. Our hope is to bring attention to the issues of obesity and all the other issues that go along with it."

Ken DeCerce, Halfmoon supervisor and chairman of the Public Health Committee has been very active in promoting Saratoga On The Move. Said Mr. DeCerce, "I believe any kind of physical activity is important to our community. This is a very healthy project and not so difficult that most anyone can be involved."

Saratoga Springs Mayor Michael Lenz and Deputy Mayor Alicia Wardell are both supporters of and participate in the program.

Numerous community leaders and individuals were involved in initiating this program, and continue to be committed to addressing the obesity issue in the community.

"This is a community problem, and it is important to involve business, public works, and many other organizations," said Rahm.

In the future Saratoga On The Move is looking to develop educational programs for the elementary and middle schools. And they are hoping to hold a Silver Shoes day in various communities in the county, where, like a treasure hunt, used shoes are collected, spray-painted silver, then hid around the community. Each pair of shoes includes a note for some kind of gift certificate or prize, which the person who finds the shoes receives. This event is still in the early planning phase.

To get involved with Saratoga On The Move or to volunteer contact Rahm at 583-9045, or go to the America On The Move Web site at www.americaonthemove.org. □

The Saratogian
October 17, 2004

a-MAIZE-ing

CLARK BELL/The Saratogian

From left, Tom and Ken Macica stand at the start of their corn maze at Schuyler Farms in Schuylerville. Saratoga On the Move has teamed with the farm in an effort to promote fitness in the area.

Take a walk in Schuylerville to get fit and get lost

By JILL WING
The Saratogian

SCHUYLERVILLE — Saratoga On the Move, the local initiative to get people walking for their health, has come up with an amazing plan to get its point across.

They're saying that if you start a walk and get lost, you'll walk farther and reap the health benefits of the extra-long walk. And the organization wants to make sure you get lost.

In that endeavor, Saratoga On the Move has partnered with Tom Macica at Schuyler Farms on Route 29 to make sure you get in your 2,000-plus steps per day (1 mile), as recommended by the national campaign, America On the Move.

Macica has devised a wicked corn maze designed in the shape of a spider web. The maze covers seven acres and takes a good 40 minutes to navigate if you know which way is out. Of course, few if any walkers who take the maze challenge find the exit on the first try. Macica figures he's got almost two miles of paths, some leading to dead ends, switchbacks and cul de sacs within the maze.

Volunteers with the Saratoga On the Move initiative are helping draw attention to the first nationwide America On the Move Day on Nov. 5 with a maze challenge from 10 a.m. to noon Saturday, Oct. 23, at Schuyler Farms. The general public is invited to walk the maze and register for some terrific giveaways. Pedometers, to keep track of how far you've walked, will be sold for $10 at the event.

Please see LOST, Page 8C

LOST: Maze a good way to get in extra steps

Continued from 1C

This year's national theme is "Go the Extra Mile for Energy Balance." In other words, move more and eat less. With the annual average weight gain at 2 to 3 pounds and the expanding waists of already overweight children becoming a national crisis, there is no time like the present to take control of your overall health with a consistent walking regimen.

The national On the Move program suggests that on Nov. 5 participants should add an additional 2,000 steps to their daily routine and eliminate 100 calories from their diet.

A stroll through Schuyler Farms' corn maze almost guarantees that additional 2,000 steps. During the two weeks before Nov. 5, people who come to the maze and mention Saratoga On the Move or who wear a pedometer will receive $2 off the price of admission.

To find out more about activities at Schuyler Farms on Oct. 23, call 583-4643 or 584-4060. To register for the national America On the Move Day, visit www.americaonthemove.org, or call (800) 801-0877.

7/28/04

SARATOGA ROUNDUP

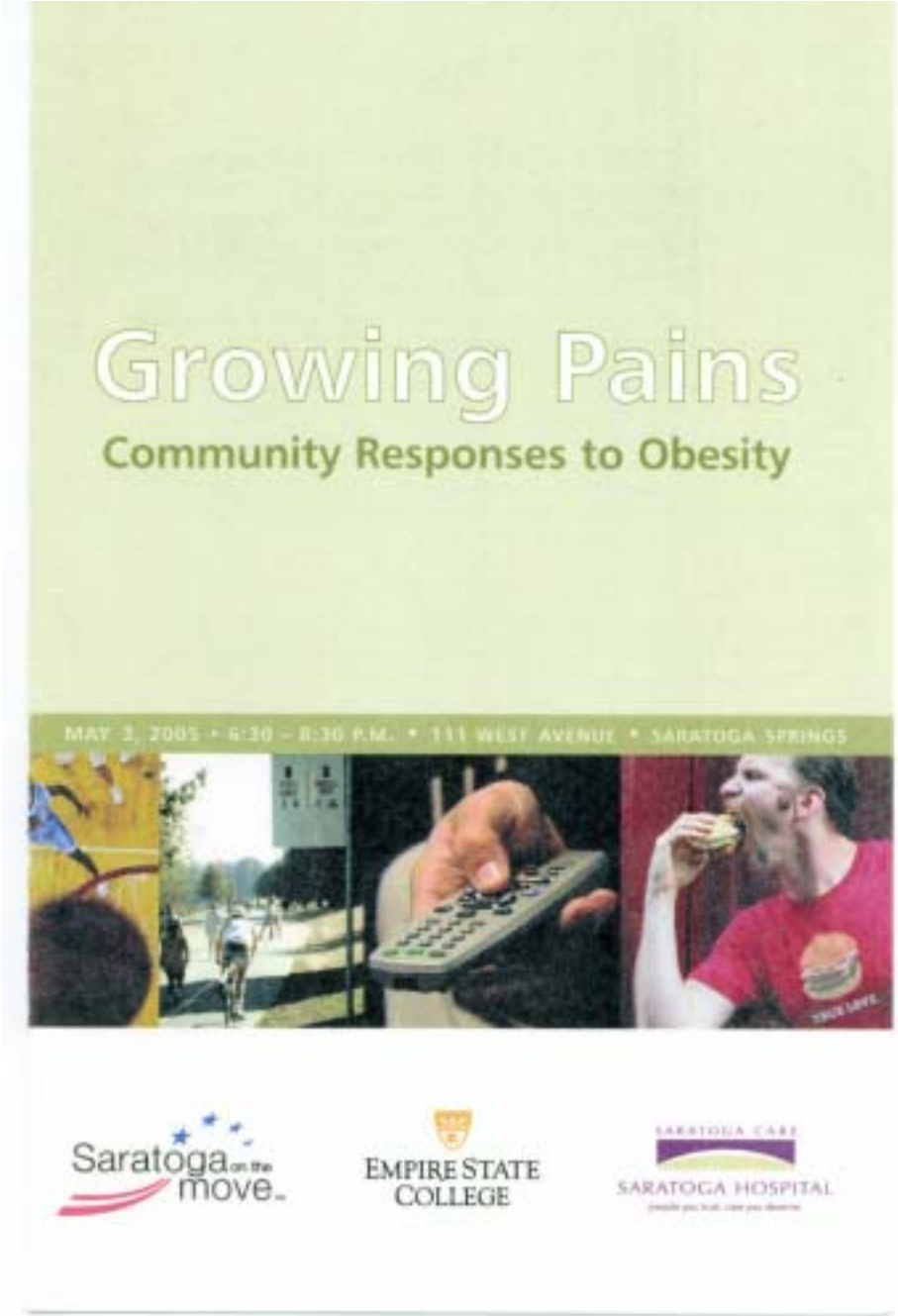
Pedometer Challenge to get people moving

SARATOGA SPRINGS — In an effort to promote exercise, the Wellness Center of Saratoga and Saratoga on the Move has created a Pedometer Challenge to encourage people to track their activity levels and ultimately increase their steps to 10,000 per day.

Participants will document their three most active days each week throughout the month of August. Prizes will be awarded to those who accumulate the most steps for August.

The Pedometer Challenge is free and open to individuals 18 years and older in the Saratoga Springs community. Saratoga on the Move pedometers are available at Saratoga Hospital and City Hall. There is a $13 charge for the device.

For further information, contact the Wellness Center of Saratoga at 683-6821.



Community Forum

May 3, 2005

The Saratogian
May 4, 2005

ED BURNS/The Saratogian

Cardiologist Dr. Kim Poli talks about culture during a panel discussion Tuesday at Empire State College about obesity and the food marketing industry.

Thinking big about getting thinner

Panel in Saratoga Springs discusses obesity and what community can do

By DEANNA AMORE
The Saratogian

SARATOGA SPRINGS — A group of health and fitness professionals, educators, politicians and media members gathered Tuesday night at Empire State College to discuss the obesity epidemic.

"Growing Pains: Community Responses to Obesity," sponsored by Saratoga on the Move, Empire State College and Saratoga Hospital, had people talking about the issues that our community faces when it comes to tackling obesity.

The panel was made up of Michelle Burke from Hudson Falls Central School; Jim Hill, president of Redspring Communications Inc.; Dr. Phil Ortiz of Empire State College; Yonka Perkins of the YMCA of Saratoga Springs; and Dr. Kim Poli of Saratoga Cardiology.

After watching a video about obesity, which included news segments and clips from "Super-size Me," the panel offered their take on who is responsible for obesity today and what we can do about it.

As a mother, Poli said that a healthy lifestyle begins at home. But as a cardiologist, she sees obesity as a community problem.

Hill agreed with Poli.

"Every part of our culture owns this problem," he said. "As parents, we've dropped the ball big time."

Burke noted that schools need to be a part of the solution through education, by offering healthy foods and incorporating physical education.

"The time to establish healthy behaviors is in childhood," she said.

The general consensus was that more needs to be done through a number of paths, including getting information out through the media and health care providers and by educating parents and children.

After the video and panel discussion, the participants gathered in small groups to expand on some of the ideas.

It is the hope of the sponsoring organizations to put the ideas discussed into use in the community and get members of the public involved in battling this continuing problem.

Other Initiatives…

- Education and outreach
- Health Fairs
- Pedometer sales
- “Business” on the Move days
- Parades
- First Night
- America On the Move Day

Saratoga on the move™

Northeastern New York Public Health Association

2004 Leadership Award

TIMES UNION ALBANY, NEW YORK THURSDAY, NOVEMBER 25, 20(

Saratoga on the Move wins health honor

SARATOGA SPRINGS — Saratoga on the Move has been selected by the Northeastern New York State Public Health Association to receive a 2004 Leadership Award for its role in combating obesity.

Saratoga on the Move is an affiliate of America on the Move, a grass roots effort that encourages communities to focus on walking to help reduce the incidence of obesity and the resulting health problems. Saratoga Hospital and the Wellspring Project brought the program to Saratoga in 2003, making it the first affiliate in New York State. Sue Malinowski, director of education for the hospital, accepted the award on behalf of both organization. For more information on America on the Move, log onto http://www.americaonthemove.org.

Lessons Learned

- Bring stakeholders in from the start
- Choose committee carefully
- Shameless self-promotion
- Partnerships
- Develop a local identity

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Future Plans

- Friends of SOM
- Business promotion
- Silver Shoes Event
- Leadership walks
- Continue to build partnerships
- Increase infrastructure

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