



NEW YORK STATE SENATOR

Malcolm Smith

SENATE PRESIDENT MALCOLM A. SMITH HOSTS 2nd ANNUAL HEALTH WALK

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According to AARP, walking helps you manage your weight and helps control your blood pressure.

St. Albans, NY)- Senate President Malcolm A. Smith held his 2nd Annual Health Walk at Springfield Park this past Saturday.

“Walking is one of the body’s most natural forms of exercise. It’s safe, simple and doesn’t require practice,” said Senator Smith.

The morning kicked-off with participants walking one mile around Springfield Park Lake. Following the walk, Fitness Guru Denise Warren led the group of over fifty people in a half-hour workout. The sponsor of the event Health First, provided water and t-shirts for all participants.

According to the American Association of Retired People (AARP), walking helps you manage your weight, controls your blood pressure, decreases your risk of a heart attack, boosts your cholesterol levels, reduces your risk of having a Stroke, Breast Cancer and Type 2 Diabetes, as well as prevent many other health ailments.

A study done by Harvard University also shows that regular walking or other physical activity lowers the risk of needing gallstone surgery by 20 % to 31% for women ages 40 to 65.

“It’s important that we take the time out to exercise and take care of our body’s. We only have one life and one body. It is essential to exercise and put our health first,” said Senator Smith.

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