



NEW YORK STATE SENATOR

Jeffrey D. Klein

SENATOR JEFF KLEIN HONORS GRADUATES OF SPRING COUNTDOWN TO FITNESS PROGRAM

JEFFREY D. KLEIN May 7, 2016

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BRONX, NY – State Senator Jeff Klein (D-Bronx/Westchester) and Urban Health Plan presented achievement certificates to participants who completed the Spring Countdown to Fitness program at the Harding Park Community Center on Thursday.

“I’m proud that through my grant, we have brought an exciting and free fitness program to our residents. Countdown to Fitness, held by Urban Health Plan, promotes increased

physical activities, offers healthy cooking demonstrations, and encourages participants to adapt to a healthier lifestyle through educational seminars. This year's evaluations reflected significant improvement in healthy lifestyle habits for the participants. Congratulations to the hardworking and dedicated participants," **said Senator Jeff Klein.**

Senator Klein allocated \$50,000 in state funding for this ten-week fitness and wellness program held by Urban Health Plan, which took place in the fall and the spring.

Participants took zumba, yoga, dancercise, and belly dancing; learned how to make healthy and delicious recipes like roasted rosemary potatoes, vegetables with quinoa, quick bean salad, cumin black bean stir fry, power green salad, and apple cinnamon oatmeal; and studied cervical cancer, blood pressure, sleeping, digestion, and medication management.

"This spring Countdown to Fitness has generated a lot of interest in the community to get fit and live a healthier lifestyle," **said Paloma Hernandez-Izquierdo, CEO and President of Urban Health Plan.** "We are pleased to partner with Senator Klein to bring the health and wellness information that we share with our patients to the larger Soundview community."