



NEW YORK STATE SENATOR

Jose M. Serrano

## Senator Serrano Encourages Bronxites to Get Fit with the Bronx CAN Health Initiative

JOSÉ M. SERRANO July 13, 2012

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Senator Serrano called for Bronx residents to participate in the Bronx CAN Health Initiative, organized by Bronx Borough President Ruben Diaz Jr.'s office, which brings together individuals, elected officials, government agencies, doctors, health providers, schools, civic-minded groups and physical fitness center of all kinds to promote the types of behaviors that lead to healthy lifestyles.

"The Bronx CAN Initiative has changed the lives of countless Bronxites by promoting a healthy lifestyle and allowing people to take control of their well-being by establishing positive goals. Too many of our residents are suffering from preventable ailments like obesity and high blood pressure. It's very exciting that this initiative is expanding outward to other areas of the Bronx, and I look forward to working with Borough President Diaz to promote healthy living in my district. I encourage everyone to take the Challenge, and take a positive step toward an active, healthy life!"

The Challenge was hosted by Blink Fitness, located at 744 St. Ann's Ave and East 156TH Street, on Saturday, July 14th from 10 am - 12 noon. Staff from Lincoln Medical and Mental Health Center and a CAN partner were on site to register community residents, record vital stats and measurements and screen for blood pressure and diabetes.