



NEW YORK STATE SENATOR

Jeffrey D. Klein

SENATOR JEFF KLEIN LAUNCHES COUNTDOWN TO FITNESS

JEFFREY D. KLEIN March 4, 2016

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BRONX, NY – State Senator Jeff Klein (D-Bronx/Westchester) and Urban Health Plan launched the Spring Countdown to Fitness program at Harding Park Community Center on Thursday. Over 100 people participated.

“The Bronx bears the dubious distinction of being the unhealthiest county in New York State and we must change that. I’m proud that through my grant, Urban Health Plan is bringing an exciting fitness program to our residents. Countdown to Fitness, which is free of charge, promotes increased physical activities, offers healthy cooking demonstrations, and

encourages participants to adapt to a healthier lifestyle through educational seminars. Last year's evaluations reflected significant improvement in healthy lifestyle habits for the participants, and I'm confident that we're going to see the same positive results over the next ten weeks," **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 kicked off in the fall. The spring Countdown just started with twice-a-week sessions.

Participants take Zumba, kickboxing and dance classes; learn how to make healthy and delicious recipes like baked apples, sauteed cauliflower and cucumber blueberry salad; and learn about immunizations, heart disease, cancer screenings and stress management.

"This partnership with State Senator Klein is an opportunity for people to make significant positive lifestyle changes. With Countdown to Fitness, our mission is to improve the health of our community. We are proud to provide comprehensive wellness services that include physical activity, health education and nutrition to give participants a well-rounded program," **said Paloma Izquierdo-Hernandez, President and CEO of Urban Health Plan.**

As the program kicks off, baseline metrics are taken (blood pressure screening, weight check-in, and body mass index measurement) and at the conclusion those personal health statistics help each participant assess their success. Last year's evaluations reflected significant improvement in healthy lifestyle habits for the participants.