



NEW YORK STATE SENATOR

Jeffrey D. Klein

Senator Jeff Klein hosts celebration for students of Urban Health Plan's Countdown to Fitness Program

JEFFREY D. KLEIN October 13, 2017

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Klein announced \$50,000 in state funding for the continuation of the weekly program

BRONX, NY – **Senator Jeff Klein** and Urban Health Plan hosted a mid-session celebration for the participants of the Countdown to Fitness fall program at the Shorehaven Clubhouse on Thursday night. Senator Klein also announced \$50,000 in additional state funding for this weekly fitness and wellness program held by Urban Health Plan in the spring, summer, fall and winter.

"I'm proud to again allocate \$50,000 in state funding to Urban Health Plan for the Countdown to Fitness program. The program, which promotes leading a healthy lifestyle, is offered to Soundview residents free of charge. The fall session concludes next month and I'm confident that like in year's past, the participants will show an improvement in healthy lifestyle habits," **said Senator Jeff Klein.**

"The Countdown to Fitness Program 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.

"The Countdown to Fitness program encourages increased physical activity, promotes healthy eating, and helps participants adapt to a healthier lifestyle. Sessions consist of educational health lectures, nutritious cooking demonstrations, and exercise classes. Students on Thursday night received certificates of participation to recognize their hard work and serve as motivation as they continue the fall session, which concludes in mid-November.