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**PRESS RELEASE 10-6-08
FOR IMMEDIATE RELEASE**

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NATIONAL WALK TO SCHOOL DAY-WEST GATE ELEMENTARY

WEST PALM BEACH, FL --- The Palm Beach County Health Department, has partnered with West Gate Elementary School, FedEx, Safe Kids, the Child Life Institute and Palm Beach County to coordinate and organize Walk to School Day, Wednesday, October 8, as part of Walk to School Week.

This is the 12th year for this national event that promotes walking as a means to good health, protecting the environment, safety and physical activity. Parents, volunteers, teachers and sponsors greet the students in brightly colored and easily identifiable shirts, along walking routes and are available to answer any questions students might have on the benefits of walking. FedEx will also have its truck and volunteers at the school to discuss walking safety around trucks. The walk to West Gate Elementary School, 1545 Loxahatchee Driver, will be from 7:00 AM to 8:00 AM.

Erica Whittfield of the Community Health Division said, "Walk to School Day is a great way for all to see how easy it is to not ride the bus and still arrive at school on time. This little bit of exercise also helps students toward a healthier lifestyle...we encourage all schools in the county to participate by promoting walking as an excellent exercise."

In the U.S., International Walk to School Day is expected to include 5,000 schools from all 50 states. Walkers from the U.S. will join children and adults in 40 countries around the world.

If you would like to volunteer for this event, please contact the health department at 561-681-2524 ext. 104.

To learn more about Walk to School Day, visit the official web site at www.walktoschool.org or visit www.pbchd.com.

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