

**CITY OF BALTIMORE**

SHEILA DIXON, Mayor



**HEALTH DEPARTMENT**

Dr. Joshua M. Sharfstein, Commissioner  
210 Guilford Avenue  
Baltimore, MD 21202

**FOR IMMEDIATE RELEASE**

**MEDIA CONTACT: Ingrid Antonio**

**PHONE: 443-984-2623**

[Ingrid.Antonio@baltimorecity.gov](mailto:Ingrid.Antonio@baltimorecity.gov)

## **Health Department Seeking to Become Fit Friendly Workplace**

**BALTIMORE, MD (August 15, 2007)**— Baltimore City Health Commissioner Dr. Joshua M Sharfstein is promoting “Fit-Friendly Workplaces,” a designation conferred by the American Heart Association for businesses that encourage physical activity and healthy eating.

This Wednesday at noon, the Commissioner will lead an exercise program, which happens each week at 210 Guilford Avenue as part of the Prevention Wednesday initiative. If there is no Code Red Heat Alert, the group will walk outside. If there is a Code Red Heat alert, the group will walk through the Health Department itself.

Dr. Sharfstein is encouraging all Health Department employees to wear sneakers to work on Wednesday.

Walking 30 minutes a day can contribute significantly to weight loss, and can help reduce the risk of heart disease. Heart disease is the leading cause of death in Baltimore.

“Getting exercise during the workday is an important step towards a healthy lifestyle,” said Dr. Sharfstein. “Business leaders can help make it happen for their employees.”

Area businesses are leaders in this effort. Sinai Hospital and Lifebridge Health and Fitness, Union Memorial Hospital, St. Agnes Hospital, and Quest Diagnostics all are “Fit-Friendly Workplaces.”

Dr. Sharfstein is aiming to achieve the “Fit-Friendly Workplace” designation for the Health Department by this winter, and encourages Baltimore businesses to join him.

Information on the “Fit-Friendly Workplace” Designation can be found on the American Heart Association’s website at <http://www.americanheart.org/presenter.jhtml?identifier=3040830>.

More information about this effort and other prevention initiatives is available at <http://www.preventionwednesday.org>

###