



City of Methuen

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William M. Manzi, III
Mayor

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MANZI KICKS-OFF COMMUNITY WELLNESS INITIATIVE
500 City Employees Participate in Walking Program

In an effort to help improve the health and well being of City employees, Mayor Manzi has implemented the 1st Annual Step-by-Step Walking Program. Beginning on Monday, May 11th, for 5 weeks employees are encouraged to wear a pedometer and track their steps. Tufts Health Care and Blue Cross Blue Shield donated the pedometers to the City's Employee Benefits Department. The goal is to walk 10,000 steps a day, which is the equivalent of 5 miles. Employees are encouraged to climb the stairs instead of taking the elevator, walk during their lunch breaks and at home and to park their car farther than they normally would to walk that extra distance.

“Exercise is a key factor in preventing obesity, diabetes, high cholesterol and high blood pressure and we want to do everything we can to keep our employees healthy and at the same time reduce health care costs,” Manzi said. “Five hundred employees signed up to participate in this program. They are excited and ready to make lifestyle changes.”

Manzi sees this as the first step in a larger community wellness program he calls “Methuen in Motion.” The Commonwealth of Massachusetts and many cities and towns are focusing on making their communities healthier by promoting walking, exercise and good nutrition. Manzi intends to create programs to meet these goals and promote health awareness in the city and in its schools. He is interested in applying for state grants to fund future “Methuen In Motion” programs.

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