

## GET MOVING

# Health workers walk the talk



The inaugural Health Walk, put on by Health Plan of San Joaquin and San Joaquin General Hospital to recognize American Heart Association's National Day of Walking, drew more than 200 participants in two 20-minute walks for the 1-mile long course around the hospital grounds. PHOTOS BY CALIXTRO ROMIAS/THE RECORD

The Record

STOCKTON — It doesn't have to be a journey of 1,000 miles. Even 1 mile will do. But they both start with just one step.

And taking just 30 minutes a day to exercise can reduce people's chances of developing Type II diabetes, heart disease and even breast and colon cancer. Such was the point of the American Heart Association's National Day of Walking on Wednesday.

Locally, Health Plan of San Joaquin and San Joaquin General Hospital urged

their workers and invited guests from neighboring Mary Graham Children's Shelter and the VA Stockton Clinic to begin that journey toward better health with a 1-mile walk on the adjoining campuses of the hospital and health plan. There were, for those who didn't wait until Wednesday to begin walking, longer trails, too.

The idea is that the two health employers will begin regular programs to keep their employees more active.

They are hoping all those they touch will take similar (ahem) steps.



San Joaquin General Hospital CEO David Colberson, left, and Dr. Frank Lawrence cut the ribbon of running shoes before the start of the event.