



# COUNTY OF ANOKA

## HUMAN SERVICES DIVISION

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### FOR IMMEDIATE RELEASE

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## ANNUAL HEALTH WALK TOUTS BENEFITS OF EXERCISE



Anoka County employees Laurel Hoff, Betsy Kremser, Fong Thor, and Carrie Johnson join more than 200 of their co-workers for the 19th annual health walk held in May.

There are good reasons for employers to support exercise, Anoka County Commissioner Dan Erhart told walk participants gathered in the lobby of the Government Center in Anoka.

"Studies have shown that exercise during the day improves your relationships and work performance," Commissioner Erhart said. "There are fewer medical and health-related expenses. Employees who exercise have fewer sick days, too."