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North Fayette Celebrates Status as Live Well Allegheny Community with Walk

PITTSBURGH – Allegheny County Executive Rich Fitzgerald, Council Member Tom Baker, and Dr. Roderick Harris, Deputy Director of the Allegheny County Health Department, joined elected and appointed officials, as well as residents, of North Fayette Township earlier today at the community's Donaldson Community Park to formally designate the township as a *Live Well Allegheny* community.

"While this is a colder announcement than some of our earlier ones, we are so thrilled to have North Fayette as our newest *Live Well Allegheny* community," said County Executive Fitzgerald. "The township has really embraced the campaign by highlighting the programs put on by their Recreation Department and also having the library join its efforts through displays, information and materials at the Western Allegheny Community Library."

Live Well Allegheny was launched in January as a comprehensive, innovative strategy on wellness that embraces a broad concept of living well to include physical health, mental wellness, personal and community safety, prevention and preparedness, and much more. The effort is being led by the Board of Health and Health Department Director Dr. Karen Hacker.

"I'm excited to see that District 1 municipalities are so proactive in championing a healthy and active lifestyle and thrilled to have North Fayette partner with County Executive Fitzgerald and our Health Department on this initiative," said Council Member Tom Baker. "My wife, Erin, and I believe that it is incredibly important for residents to consider the role of exercise and nutrition in their daily lives and North Fayette is making that easy for this community as they make resources that focus on health living which exist in their township available to all ages."

The *Live Well* launch happened today at the Brindle Pavilion of the Donaldson Community Park. The announcement was followed by township-sponsored brisk 1.1 mile walk on the walking/running trail that encompasses the park. The Recreation Department handed out information on its programs available to residents of all ages and the Western Allegheny Community Library provided details on their display to include an overall focus on mind, body and spirit wellness. In addition, the North Fayette Police Department, the Pittsburgh Botanical Gardens and Mosaic Church were all on hand to provide information and support the initiative.

"North Fayette actively promotes a voluntary wellness campaign for its employees while also focusing on activities that encourage an active lifestyle for its residents. In addition to providing biometric screens and a fitness room for its employees, the township also provides pedometers and holds contests encouraging weight loss," said Dr. Harris. "In the community, the new walking trail at Donaldson Community Park was recently completed and additional trails are planned. The township also sponsors an annual 5K run/walk and has numerous recreation programs available for its residents. We know that these are just the start of their plans, and look forward to seeing the steps they'll be taking to have a healthier township."

North Fayette Township has committed to sharing information on wellness campaign events with the broader community to encourage the voluntary participation of residents and is also adopting a holistic approach to improving the quality of life for everyone in the township, including not only physical health but financial empowerment and food security.

“The township has always focused on offering a wide variety of recreation programs to our residents, whether it’s water walking, wise walking or silver sneakers, which is why it was such an easy decision to become part of the *Live Well Allegheny* campaign,” said James Morosetti, Chairman of the North Fayette Township Board of Supervisors. “We have invited all individuals, families and community groups to join us today as we celebrate this designation and as we start our journey to better living together.”

North Fayette Township is a diversified community consisting of 27 square miles including a mixture of rural and urban lifestyles. The center of the Township is located 15 miles from downtown Pittsburgh and 10 miles from Pittsburgh International Airport. Part of the West Allegheny School District, it is also home to Pittsburgh Technical Institute and the Point at North Fayette Shopping Center, The 2010 Census lists North Fayette Township with a population of 13,934 and the fifth fastest growing municipality in Allegheny County

For more information on the *Live Well Allegheny* campaign, including how to become a *Live Well Allegheny* school, visit www.LiveWellAllegheny.com.

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