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## MEDIA RELEASE

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FOR IMMEDIATE RELEASE  
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Now that spring is here, many people look forward to enjoying the outdoors! Did you know that bicycling just 30 minutes per day could help you lower stress, improve sleep and lose weight? People who are physically active reduce their risk to many diseases. All it takes is 30 minutes per day, at least five times per week.

The 2013 Pierce County health assessment determined physical activity and nutrition as the two top issues. The Healthy Eating and Active Living group (HEAL) received a grant to improve physical activity in the county. The HEAL coalition found the need for bike racks in the county.

Bike rack locations assessed throughout the county showed the Ellsworth community with the greatest need. Bike/Walk audits determined placement of bike racks and assessed other physical activity barriers in Ellsworth. As a result, bike racks will be placed at the Sheriff's office, Pierce County Office Building, fairgrounds, Summit Hill Park, East End Park, Ellsworth High School, Ellsworth Co-op Creamery, and Nilssen's grocery store. Plum City will receive bike racks for the middle school/high school, library, and Legion Park. Spring Valley School District, Prescott's Malone Elementary School, and Elmwood Library will also be supplied with racks. There have been a total of 14 bike racks purchased with the awarded grant. McDonald's is joining this initiative and has plans to add bike racks to their Ellsworth and River Falls locations!

Bicycling or walking are great activities that you can do. Before running your errands, plan and think about the list of places you go and see if you could walk or bike instead. It is our vision that Pierce County becomes a more active and healthy place to live!

For more information on the county's community assessment and improvement plan, please visit [www.co.pierce.wi.us](http://www.co.pierce.wi.us).

Our mission is to assure the health of the public, prevent disease and injury, promote health behaviors, and protect against environmental hazards.

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