



news release

ANDREW J. SPANO, Westchester County Executive
JOSHUA LIPSMAN, M.D., J.D., M.P.H., Commissioner of Health
SUSAN TOLCHIN, Director of Communications

CONTACT: Caren Halbfinger

(914) 813-5013
(914) 813-5000 (After Hours)

FOR IMMEDIATE RELEASE

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STAYING HEALTHY TAKES MORE THAN A WORKOUT

Men visiting the New York Sports Club's open house in White Plains this Friday evening will be able to do more than just get a good workout. They will also be able to check their HIV status, blood pressure, and blood sugar levels free at the *Pump Up / Check Up* health fair to be held at the gym.

The Westchester County Department of Health, together with the New York Sports Club and other local groups, are sponsoring the free health fair for men at the popular health club from 6 p.m. to 9 p.m. this Friday, July 18. You don't have to be a member to attend and the club is also hosting an open house at the same time.

"Most men tend to only visit a doctor when they are ill," said Dr. Joshua Lipsman, Westchester County Health Commissioner. "As a result, they often miss very important preventive health screenings that can detect illnesses in the early stages when treatment can be more effective."

Free blood pressure, diabetes, and HIV screenings will be offered at the event, along with nutritional counseling, sexual health information, health and fitness advice, refreshments, and raffle prizes. Incentives, such as free gas cards, will be available for those who receive health screenings.

"While health club members tend to understand the importance of regular exercise, they should know that staying healthy takes more than just a workout," said County Executive Andy Spano. "Knowing your numbers, such as your blood pressure and blood sugar levels, is also very important along with eating a healthy diet and being aware of your HIV status."

Since men are often reluctant to seek these services, the Health Department is bringing these preventive services to them at the health club to remind them of the importance of periodic screening for HIV and other health issues.

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Pump Up / Check Up will be held at the New York Sports Club, 4 City Plaza in White Plains. Parking will be reimbursed to the first fifty guests. The event is sponsored by the Westchester County Department of Health, the MSM Coalition of Westchester, Westchester Medical Center, AIDS-Related Community Services, The LOFT, Project WAVE, Hudson River Community Health, and New York Sports Club in White Plains.

For more information, call the Westchester County Department of Health at (914) 813-5000, or visit the Health Department website at www.westchestergov.com.