



Pittsburghers Stay On The Move With Walk

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(KDKA) PITTSBURGH One year after getting 'On The Move,' Pittsburghers celebrated with a one mile walk from the Allegheny County Courthouse to Market Square.

The event started this afternoon when hundreds of local people including local officials gather at the courtyard of the Courthouse.

America On the Move is a national initiative to help individuals across the nation improve their quality of life by making healthy and positive changes.

"We find it's one of the best things we've done in helping the public understand how critically important it is to be active, and this is one of the ways we can support that for our community," said Diane Holder, the president of UPMC Health Plan.

Allegheny County Executive Dan Onorato, who also attended the anniversary event, says walking has made a major difference in his health.

"I get out actually, probably, four or five days a week and walk four miles at night when I get home because my schedule is kind of crazy so at eight o'clock at night or nine o'clock at night when I finally settle in, I'll go out for about 50 minutes to an hour and come back and it's actually a stress reliever," he said.

And besides relieving stress and getting healthy some walkers say it's a great way to stay young and be social.

"I like to walk, it's good for my exercise, it's invigorating," says Frank Rota, of Bethel Park. "I meet a lot of people. I met more people walking than I ever have met."