

# *News Release*

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FOR IMMEDIATE RELEASE

## **Trinitas Hospital Employees Set a Record 26,000 Miles In Seven-Week Walking Campaign for Heart Fitness**

*Largest in the State and First Organization in Union County  
to Complete American Heart Association program*

**Elizabeth, New Jersey** It is said that a journey of a thousand miles begins with one small step. For employees at Trinitas Hospital, who participated in the American Heart Association's (AHA) Start! Walking campaign, that journey turned into 26,000 miles. It is also a journey that earned Trinitas the distinction of having New Jersey's largest AHA walk-at-work program.

More than 20 teams comprised of more than 350 employees began walking at work seven weeks ago on specially designated indoor and outdoor routes to encourage physical fitness. Team members were issued pedometers to register their miles and a competitive spirit reigned as teams as small as 5 - 10 members and others as large as 40 members paced their way into the record books.

According to Jody Kennell, Regional Director, Union County Heart Walk, of the American Heart Association, Trinitas Hospital is the first organization in Union

County to complete the walking program and is currently holding the record for walking the greatest number of miles in the state. The AHA is using the Trinitas teams as a model in its promotion of the Start! Walking campaign elsewhere in New Jersey and nationally.

"Our employees went for this program in a big way. After the first week of the Start! Walking program when we reached 4,000 miles, we knew we had grossly underestimated the commitment of Trinitas Hospital employees," said Nancy DiLiegro, PhD, FACHE, Vice President, Clinical Services, as she addressed a group of about 100 walking team members at a special ceremony in their honor on April 16, National Walk at Work Day.

"Reaching a total of 26,000 miles speaks so highly of our employees, their desire to improve their physical fitness, and their efforts to promote a positive image of the hospital. A huge 'thank you' goes out to all who were a part of this successful program."

Also in attendance were Gary S. Horan, FACHE, President & CEO, and J. Christian Bollwage, Mayor of the City of Elizabeth. Horan praised the walkers for their energy and commitment to fitness as exemplified by their outstanding performance.

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“Trinitas Hospital is committed to the health and fitness of its employees. And, we’re all proud of this outstanding demonstration of their personal commitment to better health and physical fitness,” Horan said, adding, “Team captains reported their results every week. Thanks to a tremendous effort on the part of all our walkers, we met that 4,000 mile goal the first week!”

Mayor Bollwage, whose personal dedication to physical fitness is shown in a four mile walk each day, also told the attendees of the City’s plan to encourage its citizens to walk in parks and recreation areas throughout the City in the spring and summer months.

Dr. DiLiegro announced the winning team, The Energizers, who walked a total of 3,468 miles, while the winning individual walker, Roger Stillman, walked a total of 297 miles.

Mayor Bollwage then joined Gary Horan and Dr. DiLiegro at the conclusion of the ceremony as they led the employee team members in a half-mile victory lap around the hospital campus.

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### **About Trinitas Hospital**

Trinitas Hospital is a major center for comprehensive health services for those who live and work in Central New Jersey. Offering 531 beds, Trinitas is distinguished by no less than ten Centers of Excellence, which include: the Trinitas Comprehensive Cancer Center; the Trinitas School of Nursing; the Center for Wound Healing & Hyperbaric Medicine; the Sleep Disorders Center; cardiology services, maternal/child health services; diabetes management; women’s services, renal care; behavioral health services, and senior services. The Department of Behavioral Health & Psychiatry offers one of the most comprehensive services in the state for the psychiatric treatment of children and adults. Trinitas serves as the Center for End-Stage Renal Care for Eastern Union County. Trinitas is a Catholic teaching hospital sponsored by the Sisters of Charity of Saint Elizabeth in partnership with Elizabethtown Healthcare Foundation. For more information on Trinitas Hospital visit: [www.TrinitasHospital.org](http://www.TrinitasHospital.org) or call (908) 994-5138.