



COUNCIL

John P. McBlain
Chairman

Colleen P. Morrone
Vice Chairman

Michael F. Culp
Kevin M. Madden
Brian P. Zidek

COUNTY OF DELAWARE
GOVERNMENT CENTER BUILDING
201 W. FRONT STREET
MEDIA, PENNSYLVANIA

610-891-4931
FAX NUMBER 610-891-8055
E-MAIL: delcopr@co.delaware.pa.us

Department of Public Relations
Emily Harris
Director

Contact: Adrienne Marofsky
Public Information Officer
Office: 610-891-4252
Cell: 610-306-4497
MarofskyA@co.delaware.pa.us

For Immediate Release: June 8, 2018

Delco launches WalkWorks in Marcus Hook

Delaware County Council announces fourth walking path for residents

Delaware County Council and the Delaware County Department of Intercommunity Health joined officials from Marcus Hook to announce its newest path in the WalkWorks program at Marcus Hook Memorial Park on June 8.

The University of Pittsburgh's School of Public Health and the Pennsylvania Department of Health partnered with Delaware County Council and the Delaware County Department of Intercommunity Health to increase opportunities for physical activity in Delaware County through an initiative called WalkWorks. By establishing community-based walking routes and forming sustainable walking groups, WalkWorks seeks to enhance and improve the health of residents in Delaware County.

"Research shows that physical activity and being outdoors improves both physical health and mental health. WalkWorks offers our residents a chance to do both," said Delaware County Councilman Kevin Madden. "The goal is to encourage and inspire residents to be healthier and participate in group walks and gain the support and motivation from others while enjoying the scenery and history along the paths."

In November 2016, staff from the Delaware County Planning Department conducted "walkability assessments" on recommended routes. WalkWorks was established in 2017 with paths in Yeadon, Lansdowne and Media. Each route is one to two miles in length and includes points of interest along the way to and educate walkers. Several signs have been placed along the routes to guide walkers.

Marcus Hook is the fourth WalkWorks location. The 2-mile route begins at Marcus Hook Memorial Park on Market Street, passes the historic 18th Century Plank House, the Mickey Vernon Statue, Viscose Village and the Marcus Hook Municipal Building and Library and then goes back down Market Street, looping back to Marcus Hook Memorial Park.

In addition to increasing physical activity, WalkWorks was also established to encourage local and regional planning efforts for walking and biking paths and to encourage improvements on existing transportation networks which will allow residents to safely walk and bike in their communities.

Research shows walking aids the body in several ways:

- Burns body fat
- Raises metabolism
- Promotes restful sleep
- Lowers blood pressure
- Increases your energy.
- Helps control appetite
- Improves self esteem
- Reduces depression
- Slows aging

Several agencies are planning to establish regular walking groups to take advantage of the routes. Delaware County Council encourages residents to spread the word and form their own walking groups as well.

Maps of the routes can be found here:

Map of Marcus Hook Walk

http://www.health.pa.gov/walkworks/Documents/Card-Inserts_MarcusHook_011218.pdf

Map of Media Walk

http://www.health.pa.gov/walkworks/locations/PublishingImages/Image%20Maps_2016/Card-Inserts-DELCO_MediaBoro_032417.pdf

Map of Lansdowne Walk

http://www.health.pa.gov/walkworks/locations/PublishingImages/Image%20Maps_2016/Card-Inserts-DELCO_LansdowneCenter_032417.pdf

Map of Yeadon/Lansdowne

http://www.health.pa.gov/walkworks/locations/PublishingImages/Image%20Maps_2016/Card-Inserts-DELCO_LansdowneSouth_032417.pdf