

Rx for Health: A Daily Dose of Exercise!
Open Door Family Medical Centers Celebrates *Exercise is Medicine* Month
Public encouraged to get active, health care professionals asked to prescribe exercise

Open Door Family Medical Centers urges individuals and families in Ossining and Port Chester to increase physical activity during May's *Exercise is Medicine* Month. Physical inactivity is a fast-growing public health problem and contributes to a variety of chronic diseases and health complications including obesity, diabetes and cancer. Even with all the benefits of physical activity, in the U.S. and many other countries, increased levels of inactivity have created an "inactivity epidemic" which is having a direct impact on health care costs.

The Exercise is Medicine® initiative was designed to offer a piece of the solution to this growing problem. During May, communities throughout the U.S. will hold events that recognize that physical activity and exercise – shown to help prevent and treat more than 40 chronic diseases – should be part of everyone's health care plan. For its part, Open Door is offering group exercise classes, including Yoga and Zumba, for patients in Ossining and Port Chester. The classes are designed to encourage movement and promote community. "We also have plans to provide educational workshops on topics such as Fitness 101, and will offer support to patients with chronic conditions or injuries to help them understand that they can still be active in many ways that will not just prolong their lives, but increase their quality of life," explained Lori-Beth Patsey, Wellness Program Coordinator at Open Door. For more information about *Exercise is Medicine* Month and events planned at Open Door sites contact Lori-Beth Patsey at 914-502-1448.

About Exercise is Medicine®

Since 2010, *Exercise is Medicine* Month has been proclaimed by mayors, governors, Congress and the President. Exercise is Medicine® is an initiative focused on encouraging primary care physicians and other health care providers to include exercise when designing treatment plans for patients. Exercise is Medicine is committed to the belief that exercise and physical activity are integral to the prevention and treatment of chronic disease and should be regularly assessed as part of medical care. Along with the National Physical Activity Plan, Exercise is Medicine strives to make physical activity a "vital sign" that is routinely assessed at every patient interaction with a health care provider. "Everyone should start or renew an exercise program now as an investment in life-long health," said Robert E. Sallis, M.D., FACSM, chair of Exercise is Medicine. "Every person, regardless of age or health, is responsible for his or her own physical activity. There are far more reasons to exercise than excuses not to."

About Open Door Family Medical Centers

Open Door has received the highest Recognition as a Patient-Centered Medical Home™ (PPC-PCMHTM) from the National Committee for Quality Assurance (NCQA). This ranking distinguishes them from medical practices across the nation as less than 12% are presently eligible to achieve this advanced standing. For 40 years, the federally qualified community health center has served a multi-cultural community and has provided top quality medical, dental care and social services to the Westchester community, particularly the economically disadvantaged. Open Door has four centers in Westchester located in Ossining, Port Chester, Mt. Kisco and Sleepy Hollow. In addition, Open Door operates five school-based health centers in Port Chester at The Edison Elementary School, Park Avenue School, Kennedy Magnet School, Port Chester Middle School and Port Chester High School. In 2011, 47,245 patients were treated at Open Door, making 208,622 patient visits. In the same year 14,520 children were treated. Funding for Open Door Family Medical Centers comes from local, state and federal grants as well as private foundations and individuals.