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**MALL WALKERS HONORED FOR MAKING EVERY STEP COUNT**

**GREENSBURG, PA, November 29, 2012 ...** In January, Excelsa Health issued a challenge and a pedometer to individuals signing up to participate in the health system's walking program at Westmoreland Mall. More than 300 people accepted, and at least half of them are faithfully using their gift and its Web based program from WalkingSpree to track their daily progress. A handful exceed 10,000 steps a day on a regular basis, and at least two have more than doubled that distance, each accumulating 6 million steps over the past 10 months.

Jim Curry and Frank Bassegio are eager to meet one another, having been virtual walking buddies since the campaign began. Excelsa Health celebrates their commitment at the November 29 Mall Walkers program and prepares to re-enlist those who have found the pedometer helps hold them accountable for increasing their physical activity with measurable health benefits.

Curry, 63, of Greensburg, has dropped 17 pounds. He attributes his success to pairing meals with movement. The retired maintenance tech walks as many as 15,000 steps before lunch. And he knows that to keep the weight under control he has to walk off the calories he consumes. Not one to miss out on an opportunity to boost his daily step total, Curry reaches for his pedometer during the night if he's headed for the bathroom. "I don't want to miss a single step!"

Bassegio says he's "addicted to walking" thanks to Excelsa Health. "If you want to be healthy, you can't sit and watch TV or play on the computer. As long

as you're moving you're picking up steps," explained the North Huntingdon resident.

Acknowledging his competitive streak, Bassegio, 65, said "I like to stay at the top, and when I'm not, I walk some more. An all-weather kind of guy, he's built up to 16 miles a day, and expects that to drop off when the snow flies. But he's already planning to compensate at the gym, by picking up the pace on the treadmill along with his strength training workout.

"I've lost weight, but it's more about the body fat and disease management for me," he explained. "My parents had diabetes and heart problems, and I've had cancer twice. You just make up your mind to beat it you're going to walk and you do it."