

November 12, 2018

Henderson County Board of Commissioners  
100 King St.  
Hendersonville, NC 28792

RE: Greenway Master Plan: 30-year vision

To the Board of Commissioners:

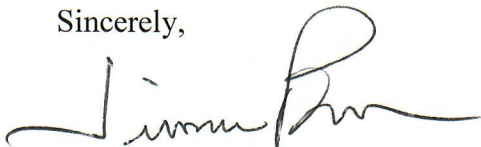
As CEO of Park Ridge Health, I am completely supportive of the proposed Henderson County Greenway Master Plan. I believe the only way America is going to address the issue of our healthcare crisis is for individuals to take responsibility for their own health. As you know, many health experts believe 80-90% of chronic healthcare issues could be avoided if people would make better choices about diet and exercise.

The book The Blue Zones by Dan Buettner, a scientific study of communities where individuals live longer, healthier lives than would be expected, states that communities that make it easy for their citizens to make healthy choices, can see significant improvements in the health of entire community. Some of his suggestions include greenways and education about making healthy choices. Research is showing even 15 minutes of exercise a day, makes a real difference over a lifetime.

As much as Park Ridge Health appreciates the opportunity to help people in need of care, our passion is helping people stay health, so we are rarely needed.

I believe your endorsement of this county-wide greenway network will impact public health and keep Henderson County at the forefront as the most desirable community in which to life, work and play.

Sincerely,



Jimm Bunch,  
President and CEO