



Jane Claire Orie is a State Senator from Pennsylvania's 40th District, where she has served since 2001. She is currently Majority Whip in the Pennsylvania State Senate. Senator Orie has been a leader on public health issues, fighting for legislation on domestic violence, tobacco settlement allocation, and school safety. She also discussed the importance of educating women about heart disease at the 2008 "Go Red For Women" conference. As a former prosecutor, she has additionally championed the fight for crime victims' rights. Senator Orie is also a dog lover.

Senator Orie, as a resident of Allegheny County and one of your constituents and fans, let me first say thanks from all of us in Pennsylvania for all you do. Your staff tells me that you really put the Fit As Fido philosophy into practice, walking your dog each day at the dog park. Can you share some tips on how you are able to schedule your dog walks with your busy schedule?

Senator Orie - Our Bichon Frise, Boru, (NAMED AFTER AN IRISH KING) is not only a member of our family, but an intricate part of our hearts, lives, and complete exercise program. Boru, through his eye contact and body movements, AND BARKS lets us know when it's time for him to take us on our daily walk around North Park Dog Park or street. He wakes up each morning with an anticipation of getting in the car and walking with at least one member of the family on his social adventure of seeing his friends. He insists in keeping a walking schedule at least four to five times a day, which keeps all of us in excellent shape.

How has Boru improved your life and that of your family?

Senator Orie - Boru's need to exercise not only benefits our bodies, but it also benefits our minds. The fresh air, coupled with walking at a brisk pace, or a slower pace when he sees his friends, energizes us for the daily tasks that are ahead. Boru likes to rest after he exercises his family, but we are grateful for the opportunity he affords us to accompany him on his daily strolls.

Anything else you'd like to add?

Senator Orie - Having a pet is essential to staying in good health. Their little heart touches your heart, creating a lasting bond which is unbreakable. I highly recommend that you allow your pet to share their love, and exercise routine. It enhances your life, and contributes to your health as well as the health of your pet.

Remember – stay involved in your community. Talk to your Senators and Representatives and get out and vote!

To read more about what Senator Orié is doing, visit <http://www.senatororie.com/>.