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Public Information Office • P.O. Box 3902, Las Vegas, NV 89127 • 702.759.1390 • [www.cchd.org](http://www.cchd.org)

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## News Release

Contact: Dave Tonelli  
(702) 759-1393

FOR IMMEDIATE RELEASE

### **Wednesday, April 5: "Surrounding Our Kids with Physical Activity"** Southern Nevada Health District Celebrates National Public Health Week, April 3 – 9, 2006

LAS VEGAS – April 5, 2006 – The Southern Nevada Health District is celebrating National Public Health Week, April 3 – 9, 2006. Under the overarching theme of "Designing Healthy Communities, Raising Healthy Kids," each weekday focuses on the relationship between community infrastructure and a core children's health issue. Today's focus is "Surrounding Our Kids with Physical Activity."

Many parents think their kids are always on the move, but only half are getting enough exercise. Kids need regular physical activity to stay physically fit and healthy. Obesity, asthma, diabetes, arthritis, depression, heart disease and high blood pressure are a few of the chronic diseases associated with a lack of physical activity.

Students at Griffith Elementary participated in fitness walks today during their regularly-scheduled physical education periods. State Senator Valerie Weiner, a long-time proponent of fitness training, joined the students in the walks. Each student received a pedometer, a "smart snack sack" with healthy snack choices and a physical fitness information packet for their parents.

Parents are encouraged to try walking to close destinations instead of driving. Children are in cars for an average of an hour each day. Every little bit of physical activity helps kids reach their daily exercise goals.

Since 1995, National Public Health Week has been observed during the first full week in April to encourage people to actively pursue a stronger, healthier life. For more information on National Public Health week and physical activity, visit these health district web sites:

[www.cchd.org](http://www.cchd.org) and [www.gethealthyclarkcounty.org](http://www.gethealthyclarkcounty.org).

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