



News Release

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FOR IMMEDIATE RELEASE

Health District Invites Public to Take the “Nutrition Challenge”

Free, 12-week online program educates participants about healthy eating, tracks progress and offers prizes

LAS VEGAS – April 17, 2006 – The Southern Nevada Health District encourages the public to eat healthier by taking the free “nutrition challenge.” Through a fun and interactive online system, the challenge teaches participants how to eat and prepare healthy foods. “Nutrition challenge” participants can also track their fruit and vegetable intake, and invite their family, friends and coworkers to sign up, too.

“By making healthy food choices, practicing good portion control and getting regular physical activity, people can reduce their risk of developing most cancers, heart disease, hypertension, diabetes and many other chronic conditions.” said Dr. Donald Kwalick, chief health officer.

Despite the significant health benefits, only one in five adults in Clark County gets the recommended five-to-nine servings of fruits and vegetables each day, and only one in four Clark County adults gets any physical exercise.

Clark County residents that log their intake of fruits and vegetables at least three times a week will be eligible for prizes including movie tickets, gift certificates, insulated lunch bags, pedometers, cookbooks and more. The grand prize is an exclusive fruit-of-the-month club membership. Each week, 10 prizes and one grand prize will be given away. Plus, everyone that registers for the “nutrition challenge” will receive free balance bands to help them remember to eat their fruits and vegetables each day (while supplies last).

For additional information and to register for the “nutrition challenge,” the public may visit www.getthehealthyclarkcounty.org or call (702) 759-1270.

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