



FOR IMMEDIATE RELEASE  
January 3, 2008

## Health District kicks off new 'Get Healthy Clark County Challenge'

Health district offers tips to keep resolutions all year

LAS VEGAS – “I resolve to eat healthy and to exercise more,” a resolution uttered during the first week of January and nearly forgotten by the end of February. On Monday, January 7, the Southern Nevada Health District kicks off its new Get Healthy Clark County Challenge to help Valley residents keep their resolution. For additional information, contact the Southern Nevada Health District’s Office of Chronic Disease & Health Promotion, (702) 759-1270 or visit [www.SouthernNevadaHealthDistrict.org](http://www.SouthernNevadaHealthDistrict.org) or [www.GetHealthyClarkCounty.org](http://www.GetHealthyClarkCounty.org).

The Get Healthy Clark County Challenge is a web-based program that offers a weekly challenge and tools to track progress during the 12-week period. Anyone interested in participating in the Get Healthy Clark County Challenge can sign up at [www.GetHealthyClarkCounty.org](http://www.GetHealthyClarkCounty.org). Each week, beginning Monday, Jan. 7, the e-mail “health challenge” will be distributed. Each challenge encourages healthful living, such as a daily 15-minute walk or eating three servings of vegetables each day. The Get Healthy Clark County Challenge concludes the week of March 24. The site also includes information and resources for non-participants to adopt healthier habits and to keep their own resolutions.

“This program is about making good choices not about restricting choices,” said Nicole Bungum, supervisor in the health district’s Office of Chronic Disease Prevention & Health Promotion. “A varied diet and daily physical activities are key to a healthy lifestyle. We want participants to know that these choices are not drastic but rather simple and easy to incorporate into daily living.”

The Get Healthy Clark County website also offers information about smoking cessation, injury prevention, and resources for a healthier lifestyle.

-30-

### MEDIA CONTACTS

Jennifer Sizemore: [Sizemore@snhdmail.org](mailto:Sizemore@snhdmail.org) | 702.759.1225

Stephanie Bethel: [Bethel@snhdmail.org](mailto:Bethel@snhdmail.org) | 702.759.1393