



FOR IMMEDIATE RELEASE
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**Health District launches new online program 'Get Healthy Meal Planner;'
*Updates Walk Around Nevada***

LAS VEGAS - Do you have too many carbs in your meal and not enough protein? Do your meals include enough vegetables to meet your family's dietary needs? The Southern Nevada Health District can help everyone maximize their meal plans with its new online program Get Healthy Meal Planner. The free program allows users to plan healthy meals using their favorite foods. It is available on www.GetHealthyClarkCounty.org. For additional information, contact the health district's Office of Chronic Disease Prevention and Health Promotion, (702) 750-1270. Information is also available at www.SNHD.INFO.

The program is free, however, it is limited to the first 3,000 people who register for it. It is available to Clark County residents only.

The Get Healthy Meal Planner works with users to create completely balanced meals. Users select their favorite foods and the Meal Planner will provide an interactive 'report card' to provide nutritional information about the food choices. The program is personalized and designed to meet each participant's needs.

Once a meal is created, the Get Healthy Meal Planner will offer suggestions to improve it by highlighting nutritional information that might be lacking. In addition, the new program contains thousands of pre-planned meals that users can select to enjoy well-balanced selections.

Walk Around Nevada

The health district's virtual Walk Around Nevada program added two new routes to complement its statewide 1,442-mile course. Registered participants can opt to walk the new Lake Mead route or the Lake Tahoe to Pyramid Lake route in Northern Nevada. These new routes vary in distance, but the miles still count toward the 1,442 miles that it takes to virtually walk around the state.

Introduced in 2006, the health district's virtual Walk Around Nevada program has earned recognition as a "Model Program" from the National Association of City and County Health Officials (NACCHO). It has registered more than 5,000 participants. The online walking program is designed to encourage more physical activity and helps users track their activity by logging the number of steps they have taken or miles they have walked to make their way through the state. Virtual walking groups are available or can be started to encourage participation and keep users motivated. Users can log other activities and convert them into steps that help them travel round the states.

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Health District's Get Healthy Meal Planner/Walk Around Nevada – add one

Each participant who completes the 1,442-mile journey is included in the Hall of Fame. Random drawings are held for anyone who enters miles at least three times each week.

Updated information about the Southern Nevada Health District can be found on Facebook www.facebook.com/GetHealthyClarkCounty or www.facebook.com/SouthernNevadaHealthDistrict, on YouTube www.youtube.com/SNHealthDistrict or Twitter : www.twitter.com/SNHDinfo or Get Healthy Clark County: www.twitter.com/gethealthycc