



FOR IMMEDIATE RELEASE
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Health District kicks off new 'Get Healthy Holiday Challenge'
Health district offers tips to keep the holidays healthy

LAS VEGAS – The festivities of the holiday season are quickly approaching and the Southern Nevada Health District is offering tips to keep them healthy. On Monday, Oct. 18, the health district launches its free, 12-week Get Healthy Holiday Challenge to help Southern Nevadans maintain healthy habits during the holidays. For additional information, contact the Southern Nevada Health District's Office of Chronic Disease Prevention and Health Promotion, (702) 759-1270 or visit www.SNHD.info or www.GetHealthyClarkCounty.org.

The Get Healthy Holiday 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 Holiday Challenge can sign up at www.GetHealthyClarkCounty.org. Each week, beginning Oct. 18th, 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 Holiday Challenge concludes the week of Jan 3, 2011. The program provides weekly tips, recipes, an interactive blog, prizes and more! The site also includes information and resources for non-participants to adopt healthier habits and to keep their holidays healthy.

The Get Healthy Clark County website also offers information about smoking cessation, injury prevention, and resources for a healthier lifestyle. Updated information about the Southern Nevada Health District can be found on Facebook www.facebook.com/SouthernNevadaHealthDistrict, on YouTube www.youtube.com/SNHealthDistrict or Twitter www.twitter.com/SNHDinfo and www.GetHealthyClarkCounty.org