



FOR IMMEDIATE RELEASE

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'Tis the season

LAS VEGAS - *"OMG, it's the first of the year and I resolve to . . . eat better, exercise more, stay on my diet, quit smoking, get physically fit, lose 20 pounds, become a vegetarian, be an 'outdoorsman' . . . basically be a better me by next December."* The gyms that are filled to capacity in mid-January are often empty by mid-February. Too many resolutions are made with good intentions but unrealistic goals. The Southern Nevada Health District's Office of Chronic Disease Prevention and Health Promotion's www.GetHealthyClarkCounty.org website offers online programs and challenges to guide people through their resolutions so they have a real chance of success. For information on any of the health district's online programs visit www.GetHealthyClarkCounty.org or www.SNHD.info.

10 in 10 Challenge

Ten pounds in 10 weeks . . . really? The health district will launch its fourth annual free 10 in 10 Challenge Monday, Feb. 6. The online program helps participants cut calories and increase daily caloric burn. Sign-ups begin Monday, Jan. 23 The 10 in 10 Challenge is also available in Spanish. Each week, participants receive two emails with tips and suggestions about how to swap foods they eat regularly with healthier, less calorie dense choices as well as ways to increase their physical activity. Participants can track their progress online and set short- and long-term goals. In addition, they can post quotes or photos to help them stay motivated and achieve their goals. Participants can also share their ideas and thoughts or ask questions via the Get Healthy blog on the website.

Nutrition Challenge

The Nutrition Challenge is an eight-week online program that helps participants eat more fruits and vegetables. Each week, everyone who has signed on to participate receives information about healthy recipes, snacking tips and food labels. The Nutrition Challenge is also available in Spanish.

Kids Challenge

The Kids Challenge is an online game for kids to learn how to make better choices. The goal is to encourage children to eat six servings of fruits and vegetables each day and to engage in 60 minutes of physical activity daily. The online game is easy to understand and provides achievable goals for kids so they can see success.

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Tis the season – add one

Get Healthy Meal Planner

Get Healthy Meal Planner is a personalized program that helps participants incorporate their favorite foods into a healthy meal plan. The interactive report card grades the menu to see if it meets an individual's goals or nutritional requirements and then makes suggestions to improve the meal.

Walk Around Nevada

The Walk Around Nevada program helps participants track their physical activity as they trek around the state and clock in 1,442 miles. Anyone can sign up for this free online program and start a tour of Nevada. They can track their mileage as they log in the number of steps or miles they've completed and a red line will mark their tour of the state. Three maps allow participants to see various sites around the state and learn some tidbits of information about them. At each site, tips about staying hydrated, stretching, and healthful hiking basics are also included. Walk Around Nevada maps include the entire state, a Lake Mead map, and a Lake Tahoe to Pyramid Lake map.

Neon to Nature

Launched in November, the Neon to Nature online tool helps locals and visitors locate walking and hiking trails throughout the area. The interactive site is available by visiting www.GetHealthyClarkCounty.org. The program highlights Southern Nevada's more than 600 miles of rural and urban, off-street trails. Visitors to the site can search for trails based on difficulty, terrain, or location. Detailed information about each trail is provided, such its location and length, the surface type, its level of difficulty, photos, and any of the trail's associated amenities. The health district is also working to make Neon to Nature a more interactive site and link up with its Walk Around Nevada program as well as allow participants to keep track of their favorite trails or even post photos.

"Every January, resolutions to lose weight or get back into shape are made with very good intentions. People say 'I'm going to work out every day,' for example. But because they set unrealistic goals or they don't see results they abandon their good intentions," said Deborah Williams, manager of the office of chronic disease prevention and health promotion. "Our online programs are simple to follow, they are free and they help participants make reasonable and small adjustments to their diet and fitness routines so they actually see success."

Additionally, there is a program where a health educator/registered dietitian can provide group tours around a local grocery store to help shoppers make smarter choices while they're food shopping. Videos are also available on the health district's YouTube channel, www.youtube.com/SNHealthDistrict. The health district's Get Healthy Clark County site also includes information and tips to quit smoking and live tobacco-free, assess disease risks, and injury prevention information.

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. The health district is now available in Spanish on Twitter www.twitter.com/TuSNHD. Don't have a Twitter account? Follow the health district on your phone by texting "follow SNHDinfo" to 40404.