



FOR IMMEDIATE RELEASE  
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## **Lose 10 lbs in 10 weeks? Health District's annual 10 in 10 Challenge kicks off, Feb. 6**

**LAS VEGAS** – Ten pounds in 10 weeks . . . really? The Southern Nevada Health District will launch its 10 in 10 Challenge, the online program to help participants cut calories and increase daily caloric burn. The free program kicks off Monday, Feb. 6 on the Get Healthy Clark County website, [www.GetHealthyClarkCounty.org](http://www.GetHealthyClarkCounty.org). Participants can sign up now. The program is also available in Spanish. For more information, log on to [www.GetHealthyClarkCounty.org](http://www.GetHealthyClarkCounty.org) or contact the Office of Chronic Disease Prevention and Health Promotion, (702) 759-1270.

Participants sign up online for the free program. Each week, they will 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.

In 2011, participants lost a total of – 1,000 pounds.

“During the first quarter of the year, many people who have resolved to lose weight will abandon their program because they don’t see results or they haven’t set realistic goals for themselves,” said Deborah Williams, manager of the office of chronic disease prevention and health promotion. “The 10 in 10 Challenge is a realistic and simple program where participants can see real results after making reasonable and small adjustments to their diet and fitness routines.”

In addition to the 10 in 10 Challenge, Get Healthy Clark County online programs include the Nutrition Challenge, which encourages participants to eat more fruits and vegetables, and the Get Healthy Meal Planner which allows participants to incorporate their favorite foods in a healthy meal plan. There is also 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. The Walk Around Nevada and the new Neon to Nature programs help participants increase and track their physical activity.

Updated information about the Southern Nevada Health District can be found on Facebook [www.facebook.com/SouthernNevadaHealthDistrict](http://www.facebook.com/SouthernNevadaHealthDistrict), on YouTube [www.youtube.com/SNHealthDistrict](http://www.youtube.com/SNHealthDistrict) or Twitter: [www.twitter.com/SNHDinfo](http://www.twitter.com/SNHDinfo). The health district is now available in Spanish on Twitter [www.twitter.com/TuSNHD](http://www.twitter.com/TuSNHD). Don’t have a Twitter account? Follow the health district on your phone by texting “follow SNHDinfo” to 40404.