

FOR IMMEDIATE RELEASE: October 8, 2012

The Get Healthy Holiday Challenge registration kicks off, Oct. 8 *Keep your holidays healthy*

LAS VEGAS -- The holiday season is almost here and that means – temptation! From the parties to the shopping, it's easy to take a break from healthy habits. Registration for the Southern Nevada Health District's Get Healthy Holiday Challenge kicks off Monday, Oct. 8. The Challenge will help participants stay healthy 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 Monday, Oct. 15th, 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 December 31. The program provides weekly tips, recipes, and an interactive blog. The site also includes information and resources for non-participants to adopt healthier habits and to keep their holidays healthy.

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.