![Southern Nevada Health District logo - SNHD]

FOR IMMEDIATE RELEASE: October 6, 2014

The Get Healthy Holiday Challenge registration begins Oct. 6
Keep your holidays healthy

LAS VEGAS –– Have you spent the entire year sticking to your resolution to adapt healthy eating habits, to lose weight, or exercise more during 2014? The holidays are right around the corner but that does not mean you have to ruin a year's worth of good habits. For the 5th year, the Southern Nevada Health District's free, web-based program, the Get Healthy Holiday Challenge kicks off Mon., Oct. 13. Participants can get tips to enjoy a stress-free, healthy holiday season. For 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 offers a weekly challenge and tools to track progress during the 12-week period. Anyone interested in participating can sign up at www.GetHealthyClarkCounty.org beginning Mon. Oct. 6. Each week, an email 'health challenge' will be distributed that provides tips to maintain a healthy lifestyle – like how to fit in a 15 minute walk - as well as tips to navigate the holiday party buffet table so you can have your cake *and* eat it too. The Get Healthy Holiday Challenge concludes Sun., Jan. 4, 2015. The program also provides recipes, and an interactive blog.

The Get Healthy Clark County website also includes information and resources for non-participants to increase physical activity, make healthy eating choices, find information about smoking cessation, injury prevention tips and other ways to lead 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. 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.

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