



## NEWS RELEASE

### ALABAMA DEPARTMENT OF PUBLIC HEALTH

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#### State of Alabama declares 2016 the year to *Get Moving Alabama!*

#### Leaders and concerned citizens to convene at summit to tackle obesity

#### FOR IMMEDIATE RELEASE

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This is the year for Alabama to *Get Moving!*, says Gov. Robert Bentley and the Obesity Task Force. The designation was made official at a proclamation ceremony on Jan. 27 at the State Capitol and as a summit gathering leaders and concerned citizens from across the state and the nation comes close on its heels later this month.

The “*Get Moving Alabama* Physical Activity Summit” on Friday, Feb. 26, from 8:30 a.m.-4:30 p.m. at the First United Methodist Church of Alabaster-Restore Building, will kick off the *Get Moving Alabama* yearlong campaign to educate and motivate Alabamians from all walks of life to get moving and get fit.

Alabama has the fifth highest rate of adult obesity in the nation, the fourth highest rate of diabetes, and the second highest rate of hypertension. Increasing physical activity can help residents achieve a healthy weight, reduce the risk of chronic diseases – such as cardiovascular disease and cancer – improve mental health, increase productivity and brain function, and increase longevity.

School professionals, community and government leaders, health care providers, fitness and health professionals, worksite wellness coordinators and concerned citizens are encouraged to

attend the summit. They will hear from outstanding leaders at the national, state and local level, including the following:

Lauren Darensbourg, President's Council on Fitness, Sports & Nutrition  
Thomas M. Miller, M.D., Acting State Health Officer  
Candi Williams, AARP Alabama  
and  
Mayors of cities, large and small, across our state: Alabaster, Birmingham, Huntsville,  
Montgomery and Rainsville

Register now at  
[getmovingalabama.org](http://getmovingalabama.org) or on-site the day of the summit.

Other key links:

Facebook  
<https://www.facebook.com/getmovingAL>

Twitter  
@getmovingAL #GetMovingAL

Governor's Proclamation  
<http://governor.alabama.gov/newsroom/2016/01/get-moving-alabama-year/>

YouTube Video  
<https://www.youtube.com/watch?v=4lhuyKTXxKg>

*The Alabama Obesity Task Force is a volunteer member-based organization of over 200 individuals whose purpose is to work through collaboration, programs, policy and environmental changes to support and promote healthy lifestyles.  
Learn more at [www.adph.org/obesity](http://www.adph.org/obesity)*

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