



NEWS RELEASE

ALABAMA DEPARTMENT OF PUBLIC HEALTH

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Alabama Employee Health and Fitness Walk set for May 13 at the State Capitol

FOR IMMEDIATE RELEASE

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Now is the time to get moving and encourage the people around you to take part in the Alabama Employee Health and Fitness Walk which will be held on Friday, May 13, at the State Capitol. The theme for 2016 is "Get Moving Alabama." This fun walking event is targeted to worksites, but is open to anyone. The free, noncompetitive event is designed to encourage employees and others to get up and move throughout the work day as part of an active lifestyle.

"Walking during work breaks and lunch is a great way to fit in the recommended 30 minutes of aerobic activity every day. We all live hectic lives and this event at the Capitol reminds us that not only can this be done, but we can find many opportunities to be more physically active if we look for them," Laurie Eldridge-Auffant, public health education manager, said.

Participants may set their own pace, and all walkers completing a one-mile walk will be eligible to win a door prize. Please register at the site. The warm-up led by a local gym and walk begins at noon on the south lawn of the Capitol at 600 Dexter Ave. Walkers are encouraged to visit vendors who will share health and fitness information and participate in health screenings beginning at 11:30 a.m. Healthy snacks and drinks will be available at the finish line.

The event is sponsored by the Alabama Department of Public Health, the Governor's Commission on Physical Fitness and Sports, the Alabama State Employees' Insurance Board (SEIB) and the Alabama Sports Festival (ASF) Foundation.

"Our focus is to encourage, educate and promote physical fitness for all residents of Alabama," Phil Holmes, acting executive director of the commission, said. "It's great to see the number of state employees that participate in this event each year, proving that physical fitness is not only fun but a key component to living a healthy life."

"The State Employees' Insurance Board is once again excited to be a sponsor of the 2016 Employee Health and Fitness Day," Tonya Campbell, SEIB marketing director, said. "The goal

of this event is to encourage physical activity in the workplace and promote healthy habits, goals that are reflected in the SEIB wellness program. We appreciate the opportunity to participate in an event that positively impacts the lives of state employees.”

Anthony Terling, ASF Foundation Vice President – External Affairs, said, "Our main focus at the ASF Foundation is to promote health, education and sports. This event is just another way we are teaming up to promote healthy living in Alabama. We are thankful and excited to work with such great partners. We can make a larger impact together, rather than working alone."

The fitness walk furthers the goals of the Alabama Obesity Task Force which has launched a public awareness campaign called “Get Moving Alabama” that provides encouragement and advice to young people and adults. To learn more about the benefits of physical activity, tips to get moving, and how much exercise you need each day, visit www.getmovingalabama.org/.

Worksites in other areas around the world are also planning events throughout May, Global Employee Health and Fitness Month. Get Moving Alabama is a public awareness campaign to encourage Alabamians to increase their physical activity.