



Media Advisory
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Contact: Pam Davenport
(801) 468-2757
(801) 209-0986

County-wide fight on obesity continues *Health and physical activity program to begin second year*

(Salt Lake County) – Mayor Peter Corroon and the Salt Lake Valley Health Department (SLVHD) today reaffirmed the County’s commitment to tackling obesity and promoting healthy life-styles by announcing the continuation of the Weigh Active and Healthy (WAH) health and physical activity program.

“The program last year was a huge success,” says Terri Sory, Program Manager. “Over 1,500 individuals committed to the program with a combined weight loss total of _____ pounds. And the Mayor himself lost 20 pounds!”

Concerned about the growing obesity problem across the country and in Salt Lake County, Mayor Corroon and the health department launched the new community-based program in August 2006. Sory also says that in Salt Lake County, overweight and obesity rates are at a staggering 58 percent and 46 percent of county residents are not adequately physically active. National rates are _____ and _____, respectively, and growing.

Now, for the second year, Mayor Corroon is urging county residents to join him in the ten week activity program which starts Monday, July 9th with a 6:00 pm event kick-off walk at Liberty Park (see event details below). The program requires 30 minutes a day, four days a week with Weekly Walks scheduled on most Mondays (see schedule below) for all to attend. Those to successfully complete the program will be entered into a drawing for great prizes.

"Regular, physical activity together with good nutrition are vitally important to all of us," the Mayor continued. "And there is responsibility on all of us; healthcare providers, educators, government leaders and others to encourage everyone in our community to be more physically active."

SLVHD – WAH begins second year

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Residents wishing to participate in the WAH program can go on-line at www.slvhealth.org to register and obtain program information. The program is free to county residents.

For more information, call Melissa Vituj at (801) 468-2699.

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WAH Weekly Walks

All Weekly Walks are approximately 1 mile and begin at 6:00 pm:

Monday, July 9 - Liberty Park (Gold Medal Mile) - Salt Lake City

Monday, July 16 - Draper City Park - Draper

Monday, July 23 - Union Park - Midvale

Tuesday, July 31 - West Valley Family Fitness Center (Gold Medal Mile) - West Valley City

Monday, August 6 - Flat Iron Mesa Park - Sandy

Monday, August 13 - Canyon Rim - Millcreek

Monday, August 20 - Kearns Oquirrh Park Fitness Center - Kearns

Monday, August 27 - Winchester Park (Gold Medal Mile) - Murray

Tuesday, September 4 - South Jordan Park - South Jordan

Monday, September 10 - Sugarhouse Park - Salt Lake City