Media Release
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Calendar Item

County begins third year of "war on obesity"

Weigh Active and Healthy program is free for County residents

(Salt Lake County) – Mayor Peter Corroon and the Salt Lake Valley Health Department (SLVHD) has 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 is free to all Salt Lake County residents.

As the program enters into its third year, Mayor Corroon is urging county residents to join him in the twelve week activity program which starts **Monday, March 31st with a 6:00 pm** event kick-off walk at the **Riverside Park pavilion located at 800 North 1550 West** in Salt Lake City.

Concerned about the growing obesity problem across the country and in Salt Lake County, Mayor Corroon and the health department launched the community-based program in August 2006. 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.

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. Residents wishing to participate in the WAH program can register on-line at www.slvhealth.org.

For more information, call (801) 468-2740.

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WAH Weekly Walks

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

Monday, March 31

Monday, April 7

Monday, April 14

Monday, April 21

Monday, April 28

Monday, May 5

Monday, May 12

Monday, May 19

Tuesday May 21

Saturday, June 7 – 9:00 a.m.