

Jackson County Department of Public Health

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TIME TO REGISTER FOR THE 2015 WNC GET FIT CHALLENGE

Western North Carolina's Get Fit Challenge is set to begin September 14th and run through November 8th. The eight-week challenge promotes better public and personal health through increased physical activity, as well as other healthy life-style changes. The Get Fit Challenge is sponsored by Healthy Carolinians of Jackson County, Active for Life Action Team, the Jackson County Health Department, Jackson County Department on Aging, Jackson County Parks and Recreation Department, Harris Regional Hospital, and Western Carolina University. Last year, over 400 individuals participated in the Challenge. This year, we hope to increase that number by expanding the Challenge to all of Western North Carolina. We want to promote health and fitness across our state and know that healthy communities don't stop at county lines.

To participate, you must form a team. Challenge teams may be comprised of three to 10 individuals may include family members, friends, church groups, co-workers, students and/or faculty members. In fact, any group that wants to compete in the Get Fit Challenge is welcome. Teams need to pick a team name and team captain, and register online at <http://wncgetfit.weebly.com>.

Each week, team captains will report the average minutes of exercise (total team minutes divided by number of team members) for their team on the Get Fit website under "Submit Points." The team with the highest average minutes of exercise at the end of the challenge will be named winner and have reign of the rotating trophy until the next round. For more information about this year's Get Fit Challenge or to register your team, visit the website: <http://wncgetfit.weebly.com>

This year's Challenge will have some new additions to help better promote physical fitness. Additions include coordinated physical activity opportunities, prizes and giveaways, the use of social media, and a request for participants to submit physical activity opportunities to share with other participants. To learn more about each new addition, visit the Get Fit Challenge website at wncgetfit.weebly.com.

Teams are encouraged to register by September 8th. Those teams that register by that date will be entered into a raffle for our first giveaway. While teams are encouraged to register by September 8th, teams are welcomed to register throughout the competition. Let's all commit to Get Fit this fall! For questions, contact Melissa McKnight, Health Education Supervisor, at 587-8288.

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