



FOR IMMEDIATE RELEASE
October 10, 2011

Health District kicks off Get Healthy Holiday Challenge

Health district offers tips to keep your holidays healthy

LAS VEGAS – The holiday season is fast approaching and with it comes the temptation to eat more treats and forgo the normal exercise routine. This season get a jump on the New Year by resolving to stay healthy with the Southern Nevada Health District’s Get Healthy Holiday Challenge.

The Get Health Holiday Challenge starts on Oct. 17, but participants can sign up now on the www.GetHealthyClarkCounty.org website. The Get Healthy Holiday Challenge is a web-based program that offers a weekly challenge and tools to track progress during a 12-week period that ends after the first of the New Year. Each week a “healthy challenge” e-mail will be distributed to encourage healthy behaviors, such as a daily 15-minute walk or eating three servings of vegetables each day. The program will provide weekly tips, recipes, an interactive blog, prizes and more. The site also includes information and resources for non-participants to adopt healthier habits and to keep their holidays healthy, as well as information about smoking cessation, injury prevention and resources for a healthier lifestyle.

For additional information, contact the Southern Nevada Health District’s Office of Chronic Disease & Health Promotion, (702) 759-1270 or visit www.SouthernNevadaHealthDistrict.org or www.GetHealthyClarkCounty.org.

Updated information about the Southern Nevada Health District can be found on Facebook www.facebook.com/SouthernNevadaHealthDistrict, on YouTube www.youtube.com/SNHealthDistrict or Twitter : www.twitter.com/SNHDinfo.