



NEWS RELEASE

ALABAMA DEPARTMENT OF PUBLIC HEALTH

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Put on your walking shoes for National Employee Health and Fitness Day

FOR IMMEDIATE RELEASE

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Employees and the public are invited to participate in National Employee Health and Fitness Day Friday, May 18, at noon on the south lawn of the State Capitol Building. No registration fee will be charged.

This annual fitness event is planned to help promote the benefits of physical activity for individuals at the worksite, but everyone is invited to walk or jog the approximate one-mile course at their own pace.

“The opportunities for physical activity are available everywhere you go, and this day can serve as a reminder, especially to office workers, that they can incorporate fitness into their everyday activities,” said Laurie Eldridge-Auffant of the Nutrition and Physical Activity Division, Alabama Department of Public Health. “For example, people with sedentary jobs can take a brisk walk for 10 minutes before lunch, replace coffee breaks with walking breaks, and take the stairs instead of the elevator.”

The health department’s Wellness Branch will provide blood pressure checks before and after the walk, and wellness-related vendors will be present. All participants completing the walk will receive an incentive bag and a participant ribbon. Refreshments will be available at the finish line, and door prizes will be given.

The Governor’s Commission on Physical Fitness and Sports, the Alabama Sports Festival and the Alabama Department of Public Health cosponsor this noncompetitive event.

National Employee Health and Fitness Day may be cancelled or rescheduled in case of unfavorable weather. Event organizers remind the public that warm temperatures call for

- light clothing
- a hat or visor to provide shade
- a pair of shoes that are comfortable, have cushioned soles and provide good arch support

Individuals who have medical or health problems that may be aggravated by activities of this event should consult their doctor prior to registering for the event. Registration forms for the walk are available at www.alagames.com. For more information contact the Nutrition and Physical Activity Division at 334-206-5651.

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