



NEWS RELEASE

ALABAMA DEPARTMENT OF PUBLIC HEALTH

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National Health and Fitness Day Walk set for May 18 at the State Capitol

FOR IMMEDIATE RELEASE

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Get your walking shoes ready, and make your plans to take part in the Alabama Employee Health and Fitness Day Walk which will be held at noon Friday, May 18, at the State Capitol. The noncompetitive and free event is designed to encourage walking during the work day as part of a health and fitness routine.

Participants may set their own pace, and all walkers completing a one-mile walk will be eligible to win a door prize. The walk begins at noon on the south lawn of the Capitol at 600 Dexter Ave. Vendors will share health and fitness information beginning at 11:30 a.m., and healthful snacks and drinks will be available at the finish line.

The event is sponsored by the Alabama Department of Public Health Nutrition and Physical Activity Division, the Governor's Commission on Physical Fitness, and the Alabama State Employees Insurance Board.

"While this enjoyable event is targeted to worksites, it is open to anyone regardless of employment status," Laurie Eldridge-Auffant, public health education manager, said. "The walk is aimed at promoting awareness of the benefits of physical activity and improving overall employee health and wellness."

Worksites in other areas, including Mobile, are also planning events throughout May, Global Employee Health and Fitness Month.

Participants may register at adph.org/NUTRITION/. Registration forms may also be mailed to Laurie Eldridge-Auffant, ADPH Nutrition and Physical Activity Division, 201 Monroe St., Suite 710, Montgomery, Ala. 36104. The deadline to register is Thursday, May 17.