



NEWS RELEASE

ALABAMA DEPARTMENT OF PUBLIC HEALTH

RSA Tower 201 Monroe Street, Suite 914 Montgomery, AL 36104
Phone 334-206-5300 Fax 334-206-5534

www.adph.org

Alabama Employee Health and Fitness Day Walk set for May 17 at the State Capitol

FOR IMMEDIATE RELEASE

CONTACT:

Laurie Eldridge-Auffant
(334) 206-5651
Mike Vest
(334) 242-4496
Tonya Campbell
(334) 263-8388

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 11 a.m. Friday, May 17, 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.

"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."

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 11 a.m. on the south lawn of the Capitol at 600 Dexter Ave. Vendors will share health and fitness information beginning at 10:30 a.m., and healthy snacks and drinks will be available at the finish line.

The event is sponsored by the Alabama Department of Public Health, the Governor's Commission on Physical Fitness and Sports, and the Alabama State Employees Insurance Board (SEIB).

"The Governor's Commission on Physical Fitness and Sports is excited to continue to be a sponsor of this worthwhile event," Mike Vest, acting executive director of the commission, said. "It's great to see so many state employees come do their part and walk to promote physical fitness within their respective offices."

"Promoting wellness is certainly something the SEIB has always encouraged," Tonya Campbell, SEIB marketing director said. "And this event is a great way to provide both incentives and education on how to live healthier. And it just keeps getting better every year."

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

Participants may register at adph.org/NUTRITION/. On-site registration will also be available on the day of the walk.

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