



FOR IMMEDIATE RELEASE 03-26-08

CONTACT: Leslie Kinnee

989-831-3669, kinnee@mmdhd.org

Mid-Michigan District Health Department

615 N. State St., Stanton, MI 48888-9702, www.mmdhd.org

Join the President's National Fitness Challenge

Ithaca, Stanton, St. Johns~ The Mid-Michigan District Health Department (MMDHD) is teaming up with the Michigan Surgeon General, Kimberlydawn Wisdom, to promote the President's National Fitness Challenge.

The President's Challenge, which began on March 20, 2008 and ends on May 15, 2008, is a six-week physical activity challenge to encourage Americans to get up and move for 30 minutes each day, five days a week.

"I cannot stress enough the importance of exercise in creating and maintaining a healthy lifestyle," said Dr. Robert Graham, Medical Director for MMDHD. "Accepting the President's Challenge is a wonderful first step."

Those interested in participating in the President's Challenge are asked to visit the Michigan Steps Up website at www.michiganstepsup.org or MMDHD's website at mmdhd.org. Simply click on the National President's Challenge button and follow the prompts to register. Online registration is open until April 3rd.

Dr. Wisdom encourages all Michigianians to participate in the challenge as a way for Michigan to move toward becoming the healthiest state in the nation. Individuals living in Michigan who successfully complete the Challenge will receive a special recognition certificate from the Michigan's Surgeon General's Office.

All 50 states, including the District of Columbia, have agreed to be involved in this national effort. At the end of the competition, the five top-ranked states with the highest participation rate will be recognized by the President's Council of Physical Fitness and Sports.

Mid-Michigan District Health Department serves the residents of Clinton, Gratiot and Montcalm Counties.

###