



NEWS RELEASE

ALABAMA DEPARTMENT OF PUBLIC HEALTH

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Alabama Employee Health and Fitness Walk set for Friday 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 Walk which will be held at noon Friday, May 16, at the State Capitol. The theme for 2014 is "Be Active, Be Healthy, Be Happy." 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. Please register at the site. The walk begins at noon on the south lawn of the Capitol at 600 Dexter Ave. Walkers are encouraged to visit vendors who will share health and fitness information beginning at 11:30 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 continues to be a proud sponsor of the Alabama Employee Health and Fitness Day Walk around the Capitol," Mike Vest, acting executive director of the commission, said. "It's a great way to jumpstart a new fitness lifestyle with your friends and co-workers. It's also amazing to see so many state employees walking daily all year through downtown Montgomery!"

"We encourage participation," Tonya Campbell, SEIB marketing director said. "And this

event is a great way to provide both incentives and education on how to live healthier lives."

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

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