



## 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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Lace up your walking shoes, and make plans to take part in the Alabama Employee Health and Fitness Walk which will be held at noon Friday, May 15, at the State Capitol. The theme for 2015 is "Get Moving Alabama." This fun event is targeted to worksites, but is open to anyone. The noncompetitive and free event is designed to encourage employees to get up and move throughout the work day as part of living an active lifestyle.

"Walking during breaks and lunch is a great way to fit in the recommended 30 minutes of aerobic activity every day. We all live hectic lives and this event at the Capitol reminds us that not only can this be done but we can find many opportunities to be more physically active if we look for them," Laurie Eldridge-Auffant, public health education manager, said.

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 warm-up and 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 and health screenings 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).

"Our focus is to encourage, educate and promote physical fitness for all residents of Alabama," Phil Holmes, acting executive director of the commission, said. "It's great to see the number of state employees that participate in this event each year, proving that physical fitness is not only fun but a key component to living a healthy life."

"The State Employees' Insurance Board is once again excited to be a sponsor of the 2015 Employee Health and Fitness Day," Tonya Campbell, SEIB marketing director, said. "The goal of this event is to encourage physical activity in the workplace and promote healthy habits, goals that are reflected in the SEIB wellness program. We appreciate the opportunity to participate in an event that positively impacts the lives of state employees."

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

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