



## NEWS RELEASE

### ALABAMA DEPARTMENT OF PUBLIC HEALTH

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## **'It's a Great Day for a Walk': Alabama Employee Health and Fitness Fun Walk set for May 12 at the State Capitol**

### **FOR IMMEDIATE RELEASE**

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The annual Alabama Employee Health and Fitness Fun Walk will be held on Friday, May 12, at the south lawn of the State Capitol, 600 Dexter Ave. The theme for 2017 is "It's a Great Day for a Walk." The walk is targeted to employees at worksites, but is open to anyone who wishes to participate. 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.

Instead of the single walk time, this year's event will offer five half-hour walk times beginning at 10:30 a.m., 11 a.m., 11:30 a.m., 12 noon, and 12:30 p.m. Participants may visit health and fitness vendors from 10 a.m. until 1 p.m. Walkers may set their own pace, and all participants completing a one-mile walk will be eligible to win a door prize. Healthy snacks and drinks will be available at the finish line.

"Getting regular physical activity can improve your health and mood. Walking during breaks and lunch is a great way to fit in the recommended 30 minutes of aerobic activity every day. Many of us live busy lives and this event at the Capitol reminds us that not only can this be done, but we can find opportunities to be more physically active if we look for them," Laurie Eldridge-Auffant, Alabama Disability and Health Program Director, ADPH, said.

The event is co-sponsored by ADPH, the Governor's Commission on Physical Fitness and Sports, the Alabama State Employees' Insurance Board (SEIB) and the ASF Foundation.

Anthony Terling, Vice President for External Affairs, ASF Foundation, said, "Our four main focuses at the ASF Foundation are to promote health, academics, good citizenship, and athletics. The fitness walk event is another way we are teaming up to promote healthy lifestyles to Alabama citizens. We are thankful and excited to work with such great partners. We can all make a larger impact working together, rather than working alone."

"Our main focus is to encourage and promote all types of physical fitness for all residents of Alabama," Phil Holmes, acting executive director of the Governor's Commission, said. "It's always 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 2017 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 are also planning events throughout May, Physical Fitness and Sports Month.