



## Henderson County Department of Public Health

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**Public Health**  
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### News Release

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For Immediate Release

### Be Active Day is a January tradition

Hendersonville, NC—The 6<sup>th</sup> Annual Be Active Day will be held Saturday, January 24, from 11:00 am – 2:00 pm at center court at the Blue Ridge Mall. Sponsored by the Department of Public Health, the event includes activities and information for all ages—kids, teens, young adults, parents, grandparents and senior citizens. In addition to fun activities, demonstrations, and games, there will also be give-a-ways including free exercise classes, free gym memberships, an iPod shuffle and iTunes gift card and more.

The Department of Public Health's 2013 Community Health Improvement Plan lists obesity as one of the top three priorities for 2013-2015. As stated in the 2013 Community Health Assessment, "At 18.2 percent, the prevalence of overweight among children ages two to four was higher in Henderson County than in Western North Carolina or North Carolina as a whole." According to Eat Smart Move More North Carolina, "two-thirds of all adults in North Carolina are overweight or obese."

"In this world of convenience, we have to make a conscious effort to move more. Exercise is such an essential part of a healthy lifestyle, but sometimes it begins to feel more like a chore rather than something we enjoy. Do active things that you like. All physical activity adds up to benefit your health," said Amanda Vranich, Health Promotion Coordinator at the Henderson County Department of Public Health.

Be Active Day attendees will join interactive games and activities that encourage physical activity such as hula-hoops, bean bags, Frisbees, and more. Exercise demonstrations will take place at 11:30 a.m., 12:30 p.m. and 1:30 p.m. at center stage. Participating this year will be: Pardee Signature Care Center, Airborne Gymnastics, Hendersonville Family YMCA, Smart Start of Henderson County, Henderson County Department of Public Health, Park Ridge Health, Henderson County Parks and Recreation Department, Asheville Area Music Together, A Gentle Stretch and Fitness Masters.

"We hope to see people of all ages come out to the event on Saturday. Maybe you'll discover a new activity you didn't even know that you enjoyed," said Vranich. For more information on Be Active Day, call 828-694-6065.

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