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Spanish-language Walk Around Nevada program launches, Nov. 26

LAS VEGAS – The Southern Nevada health District launched a Spanish-language version of its popular online program, Walk Around Nevada on Monday, Nov. 26. Participants can sign up by visiting the health district’s Viva Saludable site, www.VivaSaludable.org. The free program is designed to help participants increase their daily physical activity. For more information, visit Viva Saludable or Get Healthy Clark County, www.GetHealthyClarkCounty.org or call the office of chronic disease prevention and health promotion, (702) 759-1270.

Walk Around Nevada participants track their activity as they “virtually” walk around the state logging 1,442 miles in the process. They can track their mileage as they log in the number of steps or miles they’ve completed and a red line marks their tour of the state. Three maps allow participants to see various sites around Nevada and provide tidbits of information about them. At each site, tips about staying hydrated, stretching, healthful hiking basics are also included. Walk Around Nevada maps include the entire state, a Lake Mead map, and a Lake Tahoe to Pyramid Lake map. Participants can join as a group with families, friends or co workers.

Most adults do not receive the recommended amount of at least 30 minutes of daily physical activity which can lead to an increased risk of developing diabetes, heart disease or other chronic illnesses.

“Walk Around Nevada is designed to help people increase their activity and to show them that it can be done easily,” said Deborah Williams, office of chronic disease prevention and health promotion manager. “Our message to everyone is that little changes can bring big results. We know that Hispanics have higher rates of diabetes and by offering this program in Spanish, we’re hoping that more people will be able to participate and lessen their risks of developing chronic diseases.”

Since its debut in 2005, more than 6,400 participants have signed up for Walk Around Nevada. In addition to Walk Around Nevada, the health district’s office of chronic disease prevention and health promotion’s Get Healthy Clark County and Viva Saludable websites offer several free online programs to guide people to make healthier choices. All programs are accessible by visiting www.GetHealthyClarkCounty.org or www.SNHD.info and include:

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Spanish-language Walk Around Nevada launches – add one

10 in 10 Challenge

The annual program launches early in the year to help participants lose 10 pounds in 10 weeks by making smarter dietary choices. It is available in English and Spanish.

Nutrition Challenge

The Nutrition Challenge is an eight-week online program that helps participants eat more fruits and vegetables. Each week, everyone who has signed on to participate receives information about healthy recipes, snacking tips and food labels. The Nutrition Challenge is also available in Spanish.

Kids Challenge

The Kids Challenge is an online game for kids to learn how to make better choices. The goal is to encourage children to eat six servings of fruits and vegetables each day and to engage in 60 minutes of physical activity daily. The online game is easy to understand and provides achievable goals for kids so they can see success.

Get Healthy Meal Planner

Get Healthy Meal Planner is a personalized program that helps participants incorporate their favorite foods into a healthy meal plan. The interactive report card grades the menu to see if it meets an individual's goals or nutritional requirements and then makes suggestions to improve the meal.

Neon to Nature

The interactive Neon to Nature tool helps locals and visitors locate walking and hiking trails throughout the area. The program highlights Southern Nevada's more than 600 miles of rural and urban, off-street trails. Visitors to the site can search for trails based on difficulty, terrain, or location. Detailed information about each trail is provided, such its location and length, the surface type, its level of difficulty, photos, and any of the trail's associated amenities.

Updated information about the Southern Nevada Health District can be found on Facebook www.facebook.com/SouthernNevadaHealthDistrict, on YouTube www.youtube.com/SNHealthDistrict or Twitter: www.twitter.com/SNHDinfo. The health district is now available in Spanish on Twitter www.twitter.com/TuSNHD. Don't have a Twitter account? Follow the health district on your phone by texting "follow SNHDinfo" to 40404.