



FOR IMMEDIATE RELEASE
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Totally radical??
Are '80s fitness trends still worthwhile?

LAS VEGAS – Remember leg warmers, mix tapes, and high-impact aerobics? They're back – sort of. The Southern Nevada Health District hopes to reduce Nevada's obesity rates to 1980s levels with free online programs available to help residents increase their physical activity and make healthy food selections. For five weeks beginning Monday, Jan. 6, the health district's Get Healthy Clark County website, www.GetHealthyClarkCounty.org will revisit 1980s health and fitness topics and bring them up to date. Participants who sign up for the free online programs, the Nutrition Challenge or Walk Around Nevada and continue to participate will be eligible for prizes including some 1980s specialty items. For information on any of the health district's online programs visit www.GetHealthyClarkCounty.org or www.SNHD.info

Currently, Nevada's obesity rate for adults is 26.2 percent, according to the Centers for Disease Control and Prevention's (CDC) 2012 Behavioral Risk Factor Surveillance System. In 1985 most states did not provide data regarding obesity rates; however, among those that did 13 had obesity rates of less than 10 percent of the adult population and eight had rates between 10 percent and 14 percent. In 2010, with all states providing data, no states had a rate of less than 10 percent and 13 had rates of 30 percent or more. Totally **not** awesome.

The health district's online programs help participants make reasonable and small adjustments to their diet and fitness routines to help them achieve their goals.

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.

Walk Around Nevada

The Walk Around Nevada program helps participants track their physical activity as they trek around the state and clock in 1,442 miles. Anyone can sign up for this free online program and start a tour of Nevada. They can track their mileage as they log in the number of steps or miles they've completed and a red line will mark their tour of the state. Three maps allow participants to see various sites around the state and learn some tidbits of information about them. At each site, tips about staying hydrated, stretching, and 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.

-more-

Totally- add one

In addition, several other online programs are available on the Get Healthy Clark County website:

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

Launched in November, the Neon to Nature online tool helps locals and visitors locate walking and hiking trails throughout the area. The interactive site is available by visiting www.GetHealthyClarkCounty.org. 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. The health district is also working to make Neon to Nature a more interactive site and link up with its Walk Around Nevada program as well as allow participants to keep track of their favorite trails or even post photos.

Additionally, there is a program where a health educator/registered dietitian can provide group tours around a local grocery store to help shoppers make smarter choices while they're food shopping. Videos are also available on the health district's YouTube channel, www.youtube.com/SNHealthDistrict. The health district's Get Healthy Clark County site also includes information and tips to quit smoking and live tobacco-free, assess disease risks, and injury prevention information.

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.