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It's back . . . the 10-in-10 Challenge kicks off Feb. 10;
Signups begin Feb. 3

LAS VEGAS – Just as those New Year's resolutions are starting to wane the Southern Nevada Health District is launching its annual 10-in-10 Challenge, the online program that helps participants both cut and burn more calories. The free program kicks off Monday, Feb. 10 and signups begin Monday, Feb. 3 on the Get Healthy Clark County website, www.GetHealthyClarkCounty.org. The program is also available in Spanish. For more information, log on to www.GetHealthyClarkCounty.org or contact the Office of Chronic Disease Prevention and Health Promotion, (702) 759-1270.

Participants sign up online for the free program. Each week, they will receive two emails with tips and suggestions about how to swap foods they eat regularly with healthier, less calorie dense choices as well as ways to increase their physical activity. Participants can track their progress online and set short- and long-term goals. In addition, they can post quotes or photos to help them stay motivated and achieve their goals. Participants can also share their ideas and thoughts or ask questions via the Get Healthy blog on the website.

In 2013, participants lost more than 900 pounds. The 10-in-10 Challenge takes a realistic approach and provides participants with small changes that can be incorporated into their daily routines after the 10-week program concludes and long after most New Year's resolutions have been broken.

In addition to the 10-in-10 Challenge, Get Healthy Clark County online programs include the Nutrition Challenge, which encourages participants to eat more fruits and vegetables, and the Get Healthy Meal Planner which allows participants to incorporate their favorite foods in a healthy meal plan. The Walk Around Nevada and the Neon to Nature programs help participants increase and track their physical activity.

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.

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