



# CALDWELL COUNTY HEALTH DEPARTMENT

**Health Director**  
Denise M. Michaud

2345 Morganton Blvd., Suite B • PO Box 400 • (828) 426-8400 • FAX (828)426-8450 • [www.caldwellcountync.org](http://www.caldwellcountync.org)  
**Mission: To Promote, Protect, and Improve the Health of Our Community**

**September 15<sup>th</sup> 2016**  
**For Immediate Release**

Anna Martin, MPH  
Health Promotion Supervisor  
Caldwell County Health Department  
828-426-8506  
[amartin@caldwellcountync.org](mailto:amartin@caldwellcountync.org)

## **Get Moving Day**

Caldwell County Health Department is hosting a county-wide “Get Moving Day” event on September 29th which promotes setting aside 30 minutes for physical activity and movement amongst all age groups. Movement can be walking, playing a sport, swimming, gymnastics, stretches, weight exercises, and much more. The goal of this day is to raise awareness about the importance of exercise and to encourage community participation.

Exercise has a wide range of benefits and is necessary for physical fitness and good health. The U.S. Department of Health and Human Services recommends that young people aged 6–17 years participate in at least 60 minutes of physical activity daily.

According to the American Heart Association, physical activity helps with:

- controlling weight
- reducing blood pressure
- raising HDL ("good") cholesterol
- reducing the risk of diabetes and some kinds of cancer
- improved psychological well-being, including gaining more self-confidence and higher self-esteem.

Other benefits include increased relaxation, better sleep and mood, strong immune function, stress relief, and more.

We encourage everyone in the community to participate in “Get Moving Day” by doing some type of exercise for at least 30 minutes. Whether it’s a relaxing walk, a yoga class, working out at the gym, doing chores around the house, participating in sports, or another activity, make it your goal to set aside the time on “Getting Moving Day” and try to make it part of your daily routine!

If you have any questions regarding *Get Moving Day*, please contact Anna Martin, Health Promotion Supervisor at 426-8506.

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