



CALDWELL COUNTY HEALTH DEPARTMENT

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Mission: To Promote, Protect, and Improve the Health of Our Community

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For Immediate Release

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Second Annual Get Moving Day

Caldwell County Health Department is hosting a county-wide “Get Moving Day” event on September 26th 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”. We also encourage those who participate to take pictures and send to kpaff@caldwellcountync.org or post on social media, using the hashtag #CaldwellGetsMoving2017.

If you have any questions regarding *Get Moving Day*, please contact (828)426-8462.

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