



## National Lieutenant Governors Association

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### **LIEUTENANT GOVERNORS SPUR 3,000 PEOPLE TO 1-MILLION MINUTES OF ACTIVITY, AND GOING....**

Lieutenant governors spurred more than 3,000 participants to complete 1.3 million minutes of physical activity through participation in the Lt. Governors' Challenge, an online program promoting physical activity and better dietary choices. In the Lt. Governors' Challenge, people work to earn medals recognizing their healthy lifestyle choices. In just 90-days, more than 80,000 healthy food choices have been made - in addition to the 1-million minutes of physical activity performed.

"The American College of Cardiology encourages the public to take control of their heart health and applauds the Lt. Governors' Challenge as it promotes awareness of cardiovascular disease. Knowledge is key when it comes to improving cardiovascular health, and this program will help people live longer, fuller lives through encouraging better health habits," said Dr. Jack Lewin, American College of Cardiology CEO.

"Heart disease is the number one cause of death for both men and women in the United States," said NLGA Director Julia Hurst. "By taking simple steps toward healthier living - improved nutritional choices, increased physical fitness and monitoring one's health - people can significantly reduce the risk of heart disease. The National Lieutenant Governors Association (NLGA) is working to educate people about the dangers of heart disease and encourage healthier eating and exercise through easy, attainable, everyday activities."

Through the Lt. Governors' Challenge, participants may choose to work toward better heart health through fitness choices, health choices, or both. Fitness points are awarded by doing everyday activities like walking or housework. Points are also awarded in the Challenge by meeting and managing personal nutrition goals. These choices earn points towards a medal. At the end of the 12 week period, each person who meets the points goals receives a medal. You must enter your nutrition/physical activities into the website within 10 days of completing them.

To learn more about the Lt. Governors' Challenge or to sign up, please visit <http://www.ltgovernorschallenge.us/>

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