

LAURA MILLER

MAYOR



CITY OF DALLAS

MEDIA ADVISORY

For Immediate Release:
April 18, 2006

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Mayor Miller To Proclaim “Get A Move On Day” & Challenge City Councilmembers

Proclamation to celebrate one year anniversary of citywide fitness initiative

WHAT: “Get A Move On Day” and friendly fitness challenge

WHEN: **Wednesday, April 19th at 9 A.M.**
During Council Ceremonial Agenda

WHERE: City Hall, 1500 Marilla St./ 6th floor Council Briefing Rm.

MORE: Dallas Mayor Laura Miller will challenge her colleagues on the Dallas City Council to “walk the walk” this Wednesday. In celebration of the one year anniversary of Dallas’ citywide fitness initiative, GET A MOVE ON, Mayor Miller will issue a congratulatory proclamation and launch a friendly competition with her fellow Councilmembers – a step challenge.

Councilmembers will receive a GET A MOVE ON pedometer and tracking form to track the number of steps they take daily over the next month. The Councilmember with the most number of steps wins the competition!

BACKGROUND:

Approximately nine million children over the age of six are obese in the United States, and Texas exceeds the national average for school-age children at risk to be overweight or who are overweight. Sixty-four percent of adults in the U.S. are overweight or obese, a factor which contributes to 300,000 deaths per year in our country.

Dallas’ citywide fitness initiative, “GET A MOVE ON,” is run in conjunction with the Dallas Mayor’s Office, the YMCA of Metropolitan Dallas and numerous community and private sector partners. “GET A MOVE ON” encourages Dallasites to be active and to move at least thirty minutes every day.

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