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FOR IMMEDIATE RELEASE – Cumberland County Public Health Department

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Health Department Invites Citizens To 'Eat Smart, Move More' This Holiday Season

FAYETTEVILLE, N.C. – The Cumberland County Public Health Department is inviting citizens to participate in the sixth annual statewide Eat Smart, Move More Holiday Challenge to help control weight gain this holiday season.

The Health Department offers access to resources that can help citizens enjoy a healthier holiday season. Karen McLeod, Health Promotion Coordinator, said citizens can go online to www.EatSmartMoveMoreNC.com or visit the Health Department for information.

"Individuals can go to the web site and sign up to receive emails and newsletters on a weekly basis," McLeod said. "They can also use this web site as a resource to download recipes and to receive quick tips to help with eating smart and moving more."

Citizens without access to the Internet can also visit the Health Department at 1235 Ramsey Street for more resources.

"At the Health Department, we also have additional educational information, brochures, healthy eating tips that we would be more than happy to provide for interested citizens who don't have access to the Internet," McLeod said.

McLeod said citizens can also use the Fayetteville-Cumberland County Parks & Recreation facilities to help them "move more."

"We want to encourage people to incorporate some kind of physical activity, as an individual or as a family, and implement the concepts of healthy eating and exercise," McLeod said.

The Eat Smart, Move More challenge started on Nov. 21 and will run through Dec. 31. Each week, participants will receive free weekly emailed newsletters with tips to manage holiday stress, ideas for fitting physical activity in during the busy season and resources for cooking quick and easy meals when time is short.

In 2010, more than 4,900 people from 99 North Carolina counties and 40 other states took part in the challenge. At the end of the program, 80 percent reported maintaining their weight.

For more information, call the Cumberland County Health Department at 433-3600 or go to www.EatSmartMoveMoreNC.com.