



WELLNESS NOW

FOR IMMEDIATE RELEASE May 5th, 2015 Contact Kari Stender 419-4132

Join the Shape Your Future Summer Challenge During National Physical Fitness and Sports Month

OKLAHOMA CITY, Okla. – Lace up those sneakers, fill up those water bottles and put on those bicycle helmets, because it's time for the Shape Your Future Summer Challenge during National Physical Fitness and Sports Month this May.

Shape Your Future, a statewide health initiative funded by the Tobacco Settlement Endowment Trust (TSET) and the Oklahoma State Department of Health (OSDH), is challenging Oklahoma families to take their healthy habits on a summer adventure through the Shape Your Future Summer Challenge.

This challenge encourages families to explore Oklahoma while participating in various activities, with the goal being to help kids get 60 minutes of physical activity each day. By visiting the Shape Your Future Facebook page, families can participate in the Shape Your Future Summer Challenge and enter for a chance to win an Oklahoma weekend getaway provided by the Oklahoma Tourism and Recreation Department.

“Summertime activities are a great way for families to move more while having fun,” said Susan Ward of the Wellness Now-Physical Activity and Nutrition Workgroup. “From swimming and hiking to rowing and bike riding, Oklahoma offers a wide range of attractions that promote physical activity.”

Rise to the challenge, and keep the adventure going all summer long. Start today with this list of summer activities, and see how many you can check off:

- Shoot some hoops
- Visit the Oklahoma City Zoo
- Have a water balloon fight
- Plant a garden
- Go camping
- Toss a Frisbee or play disc golf

Oklahoma City-County Health Department – 2600 NE 63rd Street, Oklahoma City, 73111
www.occhd.org





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- Make a splash at your local pool
- Hike the trails at Wichita Mountains Wildlife Refuge
- Play tennis, badminton, volleyball or pickleball
- Rollerblade
- Spend a day at an Oklahoma lake

For more activities and information about the Shape Your Future Summer Challenge and National Physical Fitness and Sports Month, visit ShapeYourFutureOK.com. Start the Shape Your Future Summer Challenge today visiting the Shape Your Future Facebook or Twitter (@ShapeFutureOK).

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Shape Your Future encourages Oklahomans to eat better, move more and be tobacco free to improve community health. By leading healthy lifestyles, Oklahomans can decrease the number of citizens who fall victim to death and disease while increasing community health, physical activity and quality of life. For more information, go to ShapeYourFutureOK.com.

The Oklahoma Tobacco Settlement Endowment Trust (TSET) serves as a partner and bridge builder for organizations working towards shaping a healthier future for all Oklahomans. TSET provides leadership at the intersections of health by working with local coalitions and initiatives across the state, by cultivating innovative and life-changing research, and by working across public and private sectors to develop, support, implement and evaluate creative strategies to take advantage of emerging opportunities to improve the public's health. TSET – Better Lives Through Better Health. To learn more go to: www.tset.ok.gov.

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