

SHASTA COUNTY

Health and Human Services Agency

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P R E S S R E L E A S E

FOR IMMEDIATE RELEASE

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SUPERVISORS READY TO `WALK THE TALK`

Healthy eating, more exercise is on agenda for county leaders

Shasta County supervisors are ready to improve their health – and they want you to join them. They proclaimed at the Jan. 8 Board of Supervisors meeting that they will serve as role models, doing their part to “Walk the Talk” when it comes to eating well and exercising more.

Here’s how they will pitch in:

- Supervisor Les Baugh will be the role model for a 10-week “Healthy for Life” campaign for county employees. He has challenged Sheriff Tom Bosenko to a weight loss challenge.
- Supervisor Linda Hartman will encourage families to replace TV and computer “screen time” with physical activity.
- Supervisor Mark Cibula, an avid swimmer, will partner with the YMCA and City of Redding to promote swimming and water safety.
- Supervisor Glenn Hawes will promote fresh produce consumption while supporting local farmers and farmers’ markets.
- Supervisor David Kehoe serves on the leadership team that provides guidance to Healthy Shasta, and he will look for additional opportunities to promote healthy eating.

“Walk the Talk” is part of the Healthy Shasta collaborative to promote healthy eating and physical activity. The public is encouraged to set goals to increase their daily amount of physical activity and to improve their nutrition habits by eating more fruits and vegetables, drinking more water and reducing the amount of sugar in their diet.

For more information and tips to improve your health, call Healthy Shasta at 229-8243 or visit www.healthyshasta.org.

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