



PRESS RELEASE

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Challenge Yourself for Better Health and a Chance to Win a Trip to Disneyland

City of Redding

First 5 Shasta

McConnell
Foundation

Mercy Medical
Center

Shasta County
Public Health

Shasta Family
YMCA

Turtle Bay
Exploration Park

Shasta County, CA – Need a little extra incentive to eat healthy and be active? During the month of October, Healthy Shasta offers you a fun way to make healthy choices with an added incentive – the chance to win a free family vacation to Disneyland or one of 12 other great prizes!

The Healthy Shasta Challenge offers 16 tips for being physically active and eating healthy. Simply trying eight of the tips by October 31 and submitting it to Healthy Shasta (at an official dropbox or by mail) qualifies you for the free drawing. Activities are as simple as trying a vegetable you've never had, not eating high-fructose corn syrup for a day or taking a walk.

"The Healthy Shasta Challenge is a fun thing to do as a family and, because it's limited to people in Shasta County, the odds of winning are great!" said Amy Pendergast of Healthy Shasta. "We encourage people to really have fun with it – have teams at work compete to see who can get the highest participation or provide unusual fruit for your child's class or club to try."

Last year the six-year-old Redding resident who won the grand prize was thrilled because it was her first time to visit Disneyland. This year's

- more -



Page 2 – Healthy Shasta Challenge

prizes include: A family vacation to Disneyland (airfare, hotel and admission) provided by the Shasta Family YMCA; bicycles for a family of four provided by Mercy Medical Center; one-year YMCA Family Membership; organic produce delivered to your door by Churn Creek Meadow Organic Farm or Country Organics (four prizes total); athletic shoes and fitting by Fleet Feet Sports; one-year Turtle Bay Family Membership; one-year Curves Membership (to the location of your choice in Shasta County); or Whiskeytown National Recreation Area Annual Pass (three prizes).

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The Healthy Shasta Challenge is provided by Healthy Shasta's partners: City of Redding, First Five Shasta, Mercy Medical Center Redding, Shasta County Public Health, Shasta Family YMCA, The McConnell Foundation, and Turtle Bay Exploration Park, along with those who donated the prizes listed above and the Network for Healthy California.

Visit www.healthyshasta.org to print a copy of the Healthy Shasta Challenge, dropbox locations and for tips on completing it. Or call 229-8243 to request a copy. Healthy Shasta is a partnership committed to making healthy eating and physical activity choices easier where you live, work and play.

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