



PRESS RELEASE

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Healthy Shasta Challenge & Golden Shoe Winners Announced

SHASTA COUNTY – If you spent time in October hunting for a Golden Shoe, you are probably wondering where they were all hidden. The clue was, take the Healthy Shasta Challenge to get closer to a Golden Shoe and better health.

City of Redding

First 5 Shasta

McConnell
Foundation

Mercy Medical
Center

Shasta County
Public Health

Shasta Family
YMCA

The six Golden Shoes were found by:

- Terri O'Donnell found a Golden Shoe at Healthy Shasta's kick-off event, Walk this Way at Turtle Bay. Nearly 5,000 people were in attendance.
- Heather Richards found a Shoe while buying produce with her husband and 17 month-old son at Elma Acres on the Happy Valley Farm Trail.
- Carolyn Gomes found a shoe near the blue bench while walking at Margaret Polf Park in Shasta Lake City.
- A Fall River Mills man found a Shoe while hiking at McArthur-Burney Falls State Park.
- Kathryn Lawson of Bella Vista found a shoe in a tree branch while walking at Lema Ranch.
- William, age 3, and his dad, Dan Tasista, found a shoe while picking out pumpkins at the Good Work Organic Farm stall at the Redding Certified Farmers Market.

Turtle Bay
Exploration
Park

The Healthy Shasta Challenge provided 16 tips to add more physical activity and healthy eating to your day. Five-hundred-seventy-five individuals completed at least 10 of the tips, qualifying them for the drawing. Winners include:

- Cheyanne Brumley, age 6, won the Family Vacation to Disneyland
- Kaitlyn Stevens, age 12, won a 1-year YMCA family membership
- Natalie Sutherland, age 7, won bicycles for a family of 4 from Mercy Medical Center
- Linda Bloyd and a Redding woman each won 1-month of weekly organic produce deliveries from Country Organics
- Michael Thomas, age 8, won 1-month of weekly organic produce deliveries from Churn Creek Meadow Organic Farm
- Cathy Grah, Laura Gore, and Jesse Lopez each won 3-month family memberships to FitONE Athletic Club
- Amanda Kassis, age 13, won a 1-year Turtle Bay Family Membership
- Olivia Kayser, Kim Stevens, Joy Bauer, Nadina Novenschi, and a girl from Redding each won a Whiskeytown National Recreation Area Annual Pass, also good at Lassen National Park

If you didn't already take the Challenge, why not try it now? While there are not any more official prizes to win or shoes to find, adding more physical activity and healthy eating to your day can give you more energy and help you feel your best. Copies are available at www.healthyshasta.org, as are additional tips and local resources for healthy living.



Healthy Shasta thanks Churn Creek Meadow Organic Farm, Country Organics, FitOne Athletic Club, Fleet Feet Sports Redding, Mercy Medical Center Redding, Shasta Family YMCA, Turtle Bay Exploration Park, and Whiskeytown National Recreation Area for donating prizes for the Challenge and Golden Shoes.

Healthy Shasta is a new partnership to help people be more physically active and to eat healthy. We are committed to changes that help make healthy choices easier and more enticing. For more information, visit our newly updated website www.healthyshasta.org with new features!

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