



Shasta CAN

Coalition for Activity and Nutrition

Contact information: (530) 224-4355

FOR IMMEDIATE RELEASE

American Cancer Society

American Heart Association

California Project LEAN

City of Anderson Parks and Recreation

City of Redding Recreation

Healthy Shasta

Network for a Healthy California—Children's Power Play! Campaign

Network for a Healthy California-Sierra Cascade Region

Physical Activity and Nutrition Team

Shasta County Health and Human Services-Public Health

Shasta County Office of Education

Shasta Head Start

UC Cooperative Extension and Community Members

DATE: March 11, 2008
CONTACT: Mary Messier, RD at 245-6639 or
Karen Zynda, MPH, RD at 229-8469

Shasta CAN and Healthy Shasta Celebrate "National Nutrition Month[®]" by Sponsoring the 7th Annual Lean-N-Green Day

Shasta County, CALIFORNIA- Shasta CAN (Coalition for Activity and Nutrition) and Healthy Shasta (a local partnership that promotes healthy eating and physical activity) invites Shasta County residents to discover how easy it is to eat healthy and be physically active.

Celebrate "National Nutrition Month[®]" with Redding Mayor Mary Stegall and County Supervisor Les Baugh by joining them at the 7th annual Lean-N-Green Day. This FREE family event takes place on Wednesday, March 19th from 12-2:30 PM at the South City and Sculpture Parks by Redding City Hall. Families will have the opportunity to take a walk in the park and taste healthy food samples while learning about "My Pyramid, Steps to a Healthier You" through interactive stations. They can also try out the Astro Events Obstacle Course and enter to win fun prizes. Area schools will also be taking part in Lean-N-Green Day activities.

With 66% of adults and 38% of children aged 6-12 years in Shasta County now classified as overweight, it is critical to motivate adults and children to move toward a healthier lifestyle, and for communities to create an environment that supports healthy choices. Numerous diseases and conditions have been linked to poor diet and physical inactivity, including cardiovascular disease, hypertension, Type II diabetes, depression, and some cancers.

For more information on how to participate in Lean-N-Green, please contact Mary Messier at 245-6639 or Karen Zynda at 229-8469. For more information about Healthy Shasta, visit www.healthyshasta.org.

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