



DEPARTMENT OF AGRICULTURE AND COMMERCE
LESTER SPELL, JR., D.V.M.
COMMISSIONER

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For Immediate Release

Contact:

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Attention: Sandy Havard or Theresa Love

St. Dominic's and MS Ag Museum to present Mississippi in Motion Challenge

St. Dominic's has partnered with the Mississippi Department of Agriculture and Commerce's Agriculture and Forestry Museum (Ag Museum) to present the Mississippi in Motion Healthy Lifestyle Challenge. The Mississippi in Motion Challenge is a twelve-week program that was established by the Mississippi State Extension Service and is designed to help individuals improve their health, well-being, and increase physical activity.

The program kicks-off April 7, 2009, and begins with a registration session coupled with a health fair, during which participants' weight, height, body mass index, and blood pressure will be recorded. Over the following weeks, participants will attend weekly educational sessions on different healthy living topics and during the final week, the participants weigh out and enjoy a celebration where prizes are awarded to the winners.

Participants may register for the program, either as an individual or as a team (maximum of 5 individuals), with the goal to eat healthier, exercise more, and improve their overall health. Each week, teams will attend educational sessions with at least one team member attending 7 of 10 educational sessions, health screenings, and team meetings. After 12 weeks, teams/members who meet the attendance, weight loss, activity, and educational goals will be recognized. An important aspect of the program is social support. Participants are encouraged to form teams that become a support network during the program. The teams set goals and encourage each other toward success.

So, come join the Mississippi in Motion Healthy Fitness Challenge and take control of your life today. Registration is \$10 per person, with pre-registration beginning March 31, 2009. To register, please call the Ag Museum at 601-713-3365 or visit the Ag Museum website at msagmuseum.org to get started.

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