



We Are Columbia

# PRESS RELEASE

Public and Media Relations Department

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## FOR IMMEDIATE RELEASE

Thursday, April 14, 2016

Contact: Shireese M. Bell at 803-760-9125 or [smbell@columbiasc.net](mailto:smbell@columbiasc.net)

### **City of Columbia Accepting Applicants for Let's Move! Columbia Family Wellness Challenge**

The City of Columbia will kick off a **free** 12-week family wellness challenge beginning Sunday, May 1, to encourage families to lead a healthy and active lifestyle.

The Let's Move! Columbia Family Wellness Challenge will be held from May 1 through July 24, and is **free** and open to the public. Participants must be age 6 and older.

Up to 15 families will be selected to compete in the wellness challenge. A family can include at least one child and one adult living in the same household. Grandparents who live in the same household can also participate.

Councilwoman Tameika Isaac Devine, who is spearheading the citywide wellness initiative, said the health of your family is one of the most important aspects of life.

"As a Let's Move! Gold Medalist City, we are working diligently to improve access to healthy, affordable food and increase opportunities for physical activity for our citizens," Devine said. "That's why this challenge is so important to us. We want to empower families by giving them the tools and resources to take charge of their health together."

"It's not always easy to find time to work out or create nutritious meals but my hope is that this challenge will show families ways to think outside of the box when it comes to their health."

A **kick-off celebration** will be held on Sunday, May 1 from 3-6 p.m. at the Charles R. Drew Wellness Center located at 2101 Walker Solomon Way for those families who are selected to compete in the challenge.

Families must complete an application and describe why their family should be considered for the wellness challenge and list the goals they want to reach by participating.

Participants will be asked to track their meals and activities, and participate in a variety of special events throughout the challenge. Participants will receive points in the following categories:

- Fitness
  - Exercise program (on their own or at the Charles R. Drew Wellness Center)
  - Scheduled group activity
- Nutrition/Gardening
  - Attending nutrition and cooking classes sponsored by the SC Department of Health & Environmental Control
  - Attending gardening sessions or planting a garden at home
- Family Activity
  - Spending time together as a family (sharing or cooking a meal together, attending a special event, exercising, shopping, gardening etc.)

Overall prizes valued at \$1,000, \$500 and \$250 will be awarded to the top three families who log the most points at the end of the challenge.

All participating families will receive a certificate for their participation.

Each family that is selected for the challenge will receive the following:

- Free health screenings (BMI and blood pressure)
- Weekly emails providing physical activity and nutrition tips
- Cookbook
- 3-month membership to the Charles R. Drew Wellness Center
- Activity tracking notebook
- Activity and program calendars
- (3) fresh food boxes from FoodShare Columbia
- Personal potted plant for children
- Raised garden bed kit for the entire family
- Boot Camp sessions with a personal trainer
- Chance to win prizes worth up to \$1,000
- And more!

To download an application, visit <http://www.columbiasc.net/parks-recreation/lets-move>. **Applications must be received by 5 p.m. on Wednesday, April 27.**

Applications can be submitted in the following ways:

- **Email:** Wanda Austin at [weaustin@columbiasc.net](mailto:weaustin@columbiasc.net)
- **Mail or deliver in person:**
  - Katheryn M. Bellfield Booker Washington Heights Cultural Arts Center, 2611 Grant Ave., Columbia, SC 29203 (Hours of operation: Monday through Thursday from 9 a.m. to 9 p.m.; Friday from 9 a.m. to 5 p.m. and Saturday from 10 a.m. to 5 p.m.)

- City of Columbia Parks & Recreation Department, 1111 Parkside Drive, Columbia, SC 29203 (Hours of operation: Monday through Friday from 8:30 a.m. to 5 p.m.)
- **Fax:** 803-343-8744 (Attn: Wanda Austin)

For more information, contact Wanda Austin at 803-315-4964 or [weaustin@columbiasc.net](mailto:weaustin@columbiasc.net).

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