



# PRESS RELEASE

Parks & Recreation Department | 803-545-3100 | [www.columbiasc.net/parks-recreation](http://www.columbiasc.net/parks-recreation)



## **FOR IMMEDIATE RELEASE**

Tuesday, July 31, 2018

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

### **City Announces Let's Move! Columbia Family Wellness Challenge Winners**

Three families were selected as the winners of the Let's Move! Columbia Family Wellness Challenge, a 12-week wellness challenge offered by the City of Columbia.

The winners were announced on Sunday, July 29, 2018, during the final wellness challenge ceremony held at the Charles R. Drew Wellness Center.

The top three families with the most points at the end of challenge were:

- The Jackson Family, Grand Prize winner (prizes valued at \$1,000)
- The Harriford-McCants Family, Second Place winner (prizes valued at \$500)
- The Suber Family, Third Place winner (prizes valued at \$250)

"The dedication and commitment we've seen from our families this year has been outstanding," Councilwoman Tameika Isaac Devine said. "By taking steps to lead healthier lives now, these families have paved a way for their children to have a healthier future."

"The work displayed by all of our families has motivated me and I'm so proud of what they were able to accomplish in just 12 weeks," Devine said. "This journey was not about losing weight but about bringing families together and showing them that they can incorporate healthy habits into their daily lives – and they can do it in a fun way."

More than 15 families were selected to participate in the citywide health initiative, which focused on gardening, nutrition and fitness. A family unit ranged from a minimum of two participants to six family members.

Throughout the challenge, families tracked their meals and activities. Families also participated in a variety of special events including group exercise classes; water safety classes; boot camps; and cooking and nutrition classes.

Participants received points in the following categories:

- Fitness

- Exercise program (on their own or at the Charles R. Drew Wellness Center)
- Scheduled group activity (boot camp)
- Nutrition/Gardening
  - Attending cooking and nutrition classes
  - Attending gardening sessions or planting a garden at home (families provided with raised garden bed kit)
- Family Activity
  - Spending time together as a family (sharing or cooking a meal together, attending a special event, exercising, shopping, gardening etc.)

The Let's Move! Columbia Family Wellness Challenge is a free 12-week family wellness challenge designed to encourage families to lead a healthy and active lifestyle.

The wellness challenge is made possible through a partnership between the City of Columbia Parks & Recreation Department, Let's Move! Columbia, the Charles R. Drew Wellness Center, Palmetto Health and the SC Department of Health and Environmental Control.

###

***Please see the attached photos***

Let's Move! Columbia Family Wellness Challenge group photo

First place winners, The Jackson Family

Second place winner, The Harriford-McCants Family

Third place winner, The Suber Family