



PRESS RELEASE

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FOR IMMEDIATE RELEASE

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Contact: Shireese M. Bell at 803-760-9125 or Shireese.Bell@columbiasc.gov

Let's Move! Columbia Family Wellness Challenge Applications Available *20 families will be selected*

Applications for Let's Move! Columbia's **free** 12-week family wellness challenge is available now through May 3, the Columbia Parks & Recreation Department announced.

The Let's Move! Columbia Family Wellness Challenge will begin Monday, May 6 and will be held through Sunday, July 28.

Up to 20 families will be selected to compete in the wellness challenge. **A family must include at least one child and one adult living in the same household.** Participants must be age 6 and older. Grandparents who live in the same household can also participate.

A **kick-off celebration** will be held on Sunday, May 5 at 4 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 cooking and nutrition classes
 - 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)
- Physical activity and nutrition tips
- 3-month membership to the Charles R. Drew Wellness Center
- Activity tracking notebook
- Activity and program calendars
- 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.gov/parks-recreation/lets-move>. **Applications must be received by 5 p.m. on Friday, May 3.**

Applications can be submitted in the following ways:

- **Email:** Wanda Austin at Wanda.Austin@columbiasc.gov
- **Mail or deliver in person:**
 - City of Columbia Parks & Recreation Department, 1111 Recreation Drive, Columbia, SC 29201 (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 Wanda.Austin@columbiasc.gov.

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