

**NEWS RELEASE**  
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### **Medical Reserve Corps volunteers to take fitness challenge**

**(Lawrence, KS)** – Douglas County Medical Reserve Corps volunteers will set the example of a healthy lifestyle by participating in a Surgeon General-endorsed fitness challenge starting next week.

Launched by the President's Council on Physical Fitness and Sports, the National President's Fitness Challenge is a six-week physical activity event that encourages all Americans to get up and move at least 30 minutes a day, five days a week. A Web site has been created so that local MRC volunteers can register for the challenge as a group and track their progress.

The challenge begins March 20 and will culminate on May 15, 2008. A special walk to kick off the challenge is scheduled for 7 p.m. Thursday, March 20, at the Lawrence Parks and Recreation walking trail, beginning at the Clinton Lake Softball Complex and the Kansas Highway 10/S. Lawrence Trafficway.

MRC volunteers, family and friends are encouraged to come any time between 7 and 8 p.m. to walk as far or as short a distance as they like. Participants are also encouraged to register for other fitness challenges, including Walk Kansas, presented by Kansas State University Agricultural Experiment Station and Cooperative Extension Service and supported by the Community Health Improvement Project (CHIP), housed at the Health Department.

The overweight and obesity epidemic has been recognized in America for some time. However, the number of children who are overweight or obese in this country is at an all-time high.

Everyone can be involved in making "active" activities part of a regular family, work or recreational routine. Whether exercising in the morning with colleagues, going for a walk after dinner, hiking on the weekend, going to the park instead of the movies or playing basketball in the driveway, the opportunities for physical activity are endless.

“Our goal is to have Americans of all ages be more active and what better place than to start in our own community with Medical Reserve Corps volunteers setting the example,” said Kellie Worley, Medical Reserve Corps Planner.

The Douglas County Medical Reserve Corps is a group of volunteers who assist the community during a public health emergency, such as an influenza epidemic, communicable disease outbreak or an act of terrorism. MRC volunteers also work together to improve the overall health and well being for the community by supporting health education initiatives in Douglas County.

For more information, visit [www.ldchealth.org/medicalreservecorps.htm](http://www.ldchealth.org/medicalreservecorps.htm) or [www.presidentschallenge.org](http://www.presidentschallenge.org).

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