



**FOR IMMEDIATE RELEASE**

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### **Alaska No. 1 in Physical Activity Challenge**

June 17, 2008, Anchorage, Alaska - Alaska has taken first place in the National President's Challenge on physical activity that ended May 15. The President's Council on Physical Fitness and Sports announced recently that Alaska, with 2,868 participants, had the highest per capita rate of participation among all states.

"We encouraged Alaskans to sign up and get active, and they did so in a very big way," Governor Palin said. "All of us can add a little more activity every day to feel and look better. This spring, thousands of Alaskans did just that by skiing, biking, kayaking, running and walking their way to a victory for our state."

The President's Council will give special recognition to Governor Palin in honor of Alaska being one of the five states that logged the most activity during the fitness challenge this spring.

The National President's Challenge started March 20. In order to complete the challenge, adults had to do at least 30 minutes of physical activity five days a week for six weeks. Children had to complete at least 60 minutes of activity a day.

By the time the challenge ended, participating Alaskans had logged in enough activity to put the state in the No. 1 slot by a 3-to-2 margin over second-place Arkansas.

Now that the National President's Challenge has concluded, the President's Council hopes that people will build on that momentum and continue to be physically active. To assist with this goal, the council offers the President's Challenge, a year-round program for people of all ages and abilities.

To participate in the President's Challenge, sign up at [www.presidentschallenge.org](http://www.presidentschallenge.org). For more information about the President's Council visit [www.fitness.gov](http://www.fitness.gov).

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Contact: Ann Potempa, (907) 269-7957, Cell (907) 240-9158  
Susan Morgan, (907) 269-4996, Cell (907) 632-6107