

Karleen Jackson  
Commissioner  
P.O. Box 110601  
Juneau, AK 99011-0601  
www.hss.state.ak.us



Sherry Hill  
Public Affairs Director  
907.465.1618  
cell: 907.321.2838  
sherry.hill@alaska.gov

## Press Release

COMMISSIONER'S OFFICE

FOR IMMEDIATE RELEASE: March 20, 2008

Contact: Cathy Stadem, (907) 269-3495, Cell (907) 529-1520  
Ann Potempa, (907) 269-7957, Cell (907) 240-9158

### **Governor Reminds Alaska about Fitness Challenge**

*National President's Challenge is March 20 – May 15*

Juneau, Alaska — Governor Sarah Palin is reminding Alaskans that the National President's Challenge starts today, and sign-up continues through April 3.

As of March 20, 1,200 Alaskans have signed up, and are already moving toward fitness. Visit <http://www.livewell.alaska.gov> to sign up for the challenge.

Adults are encouraged to complete at least 30 minutes of physical activity five days a week for six weeks. Children ages 6 through 17 need to complete 60 minutes of activity five days a week.

The Challenge runs from today through May 15. Governor Palin signed up herself and is encouraging all Alaskans — from children to seniors — to sign up for this no-cost program. Almost 100 different activities count toward the daily goal, including walking, running, skiing or bicycling.

Adding more activity daily can make everyone feel and look better. It can also put Alaska in the spotlight in a very positive way. The governors with the highest percentage of participating residents will be recognized for supporting healthy lifestyles.

###

