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Press Release

COMMISSIONER'S OFFICE

FOR IMMEDIATE RELEASE : April 16, 2008

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Governor Encourages Alaskans to Complete National Activity Challenge

Participants must continue to log in their daily activity through May 15

(Juneau, AK) — In March, Gov. Sarah Palin encouraged Alaskans to get moving and join the National President's Challenge.

Alaskans stepped up in a big way. More than 2,800 signed up for the free, six-week physical activity challenge. That response made Alaska No. 1 with the highest percentage of participants among all 50 states.

"I want to thank so many Alaskans for signing up and adding a little more activity to their daily routines," Palin said. "Alaskans are getting healthier, and we're on our way to winning the challenge."

Signing up, however, isn't enough to claim victory.

In order to win the challenge, adult participants in Alaska must complete 30 minutes of activity during five days a week for six weeks, and log all of it on the President's Challenge Web site, www.presidentschallenge.org, by May 15. Those who have fallen behind on logging in can visit the Web site and fill in activities completed during the past two weeks.

About 100 activities count toward the challenge, including walking, biking and running. One popular way to complete a day's worth of activity would be to participate in the annual Heart Run April 26 in Anchorage. Participants can run or walk a 3K or 5K. For more information, visit <http://www.heartrun.com/>.

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