

Be Active Day to inspire kids and adults to move more

January 4, 2010

Be Active Day, a free event to encourage families and children to get moving, be active, and stay active, will be held Saturday, January 16, at the Blue Ridge Mall from 11:00 a.m. – 3:00 p.m. Sponsored by the Henderson County Department of Public Health, the fun event will include give-a-ways including a Wii™ system, interactive games, music, and activities to inspire kids and adults to move more and be active.

Also participating in Be Active Day will be local agencies, groups, and individuals who promote physical activity. Demonstrations of Pilates, Zumba and clogging, as well as inexpensive ways to be active will be highlighted.

The first Be Active Day was held in 2009. The focus of the event is to emphasize the state's Eat Smart Move More campaign and increase awareness about the need to move more every day, reduce TV time, prepare more meals at home, consider portion sizes and beverage choices, and eat more fruits and vegetable. For tips on physical activity and healthy eating, visit EatSmartMoveMoreNC.com.

The Henderson County Department of Public Health is proud to be able to engage community partners and volunteers for a healthier Henderson County. For more information on Be Active Day, call 828-694-6071.

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