



**Welcome to St. George's Second Annual Family Fitness festival brought to you by the Healthy Dixie Council.**

**Our key message is that we, as a community, need to fight the obesity epidemic. Obesity is now causing health problems never seen before in our children.**

**At our festival today we hope that we can encourage you and your family to do the following: Start Exercising and Eating Healthier. Here are some tips on how to exercise if you have never done this before:**

**\*Start by talking to your doctor if you have not been active, you have health problems, if you are pregnant or elderly.**

**\*Start out slowly - begin with a 10 minute period of light exercise or a brisk walk every day and gradually increase your activity so that you are exercising 4 to 6 times a week for 30 or 60 minutes.**

**\* Choose something you like to do.**

**\* Choose a comfortable time of day to exercise, do not work out right after eating or when it is too hot or too cold.**

**\*Forget "no pain, no gain". A little soreness is normal when you first begin to exercise, pain isn't, stop if you hurt.**

**\*Sneak exercise into your day for example take the stairs not the elevator.**

**\*There are immediate benefits to exercise. It helps relieve stress, anxiety, increases your energy and endurance and it will help you sleep. Long term benefits are weight loss, disease prevention and lots more!**

**Thank-you for coming to our Family Fitness Festival! We hope exercise and healthy eating becomes your new habit for life.**

**Healthy Dixie Council members: Dixie Regional Medical Center, Ivins City Parks and Recreation, St. George Leisure Services, Southwest Center, Southwest Utah Public Health Department, USU Extension, Utah Department of Health, Volunteer Center of Washington County, Washington County School District, PTA, St. George Chamber of Commerce**