

NEWS RELEASE

APRIL 3, 2012

MASON COUNTY COMMISSIONERS

**411 NORTH 5TH ST
SHELTON, WA 98584**

TO: KMAS, KRXY, SHELTON-MASON COUNTY JOURNAL, THE OLYMPIAN, SHELTON CHAMBER OF COMMERCE, NORTH MASON CHAMBER OF COMMERCE, CITY OF SHELTON, ECONOMIC DEVELOPMENT COUNCIL, THE SUN

RE: Commissioners Proclaim April 2-8, 2012 Public Health Week in Mason County

The Mason County Commissioners proclaim April 2 through April 8, 2012 Public Health Week in Mason County. The first full week of April each year is National Public Health Week. This year's theme is "A Healthier America Begins Today". Within that theme the Mason County Health and Human Services Department encourages all residents of Mason County to think: "A Healthier America Begins with Active Living and Healthy Eating".

Eating healthier and exercising regularly can go a long way toward helping the citizens of Mason County lessen their risk from deaths that could be prevented, such as heart disease, cancer, and stroke. Even the smallest preventive changes and initiatives can make a big difference in living healthier lives.

Don't have time to exercise 30 minutes to an hour most days of the week? Break it up into 10 or 15 minutes segments over the course of the day. Take a "walking break" during your usual coffee break times, walk around the room while talking with your friends on the phone, play active games with your kids, etc. Look for ways to incorporate exercise into your daily routines.

Increase your intake of fruits and vegetables and remember the greater the variety of colors, the greater the nutritional benefit.

This week, the American Public Health Association (APHA) is encouraging all Americans to work together to make small changes in their lives to help prevent chronic diseases and communicable diseases to create a healthier America. APHA recognizes National Public Health Week as an opportunity to empower our families, friends, neighbors and, perhaps most importantly, ourselves to live healthier lives.

Join Mason County Public Health and Human Services in working to make Mason County a healthier place to live, work and raise a family. Take a moment and make just one positive change a day that will help you live a healthier life. These seemingly small actions can have a big impact when they're spread throughout an entire family, community, and nation.

Increasing awareness on how to live longer and healthier lives is the first step in helping us create a healthier nation. Together we can raise awareness of the importance of taking preventive measures here in Mason County during Public Health Week and we can be healthier and happier as a result.

For more information, contact Mason County Public Health and Human Services at 360-427-9670, Ext. 400; 360-275-4467, Ext. 400 from Belfair; or 360-482-5269, Ext. 400 from Elma.

Lynda Ring Erickson
Chair

Steve Bloomfield
Commissioner

Tim Sheldon
Commissioner