

CRAWFORD COUNTY LOOP IT CHALLENGE

Grayling, MI, April 10, 2018– The Crawford Health Improvement Committee (CHIC) is excited to kick off the **Loop It Challenge** beginning May 9th through June 6th. This 4-week walking challenge encourages all Crawford County residents to be physically active for 150 minutes per week. This is the recommended amount of aerobic activity for adults according to the Physical Activity Guidelines for Americans.

The Centers for Disease Control and Prevention states that regular physical activity is one of the most important things you can do for your health. Some of the benefits of regular physical activity include:

- Helps control your weight
- Reduces your risk of cardiovascular disease
- Reduces your risk of type-2 diabetes
- Reduces your risk of some cancers
- Strengthens your bones and muscles
- Improves your mental health & mood
- Prevents falls
- Increases your chances of living longer

You can participate in the Loop It Challenge by picking up an activity tracker and Loop It brochure at one of the following locations:

- District Health Department #10
- Crawford County Commission on Aging
- Munson Healthcare Grayling Hospital
- MSU Extension
- Hanson Hills
- Grayling Regional Chamber of Commerce
- Grayling Business Expo – April 19th, 4-7pm at Ramada Inn

Kick off the Loop It Challenge by joining us for a group walk on May 9th beginning at 11:00am at one of the following Loop It locations; Senior Center, Grayling Hospital, Bike Path, City Park or Hanson Hills.

The mission of the Crawford Health Improvement Committee (CHIC) is: *To Promote healthy lifestyles for residents of all ages and abilities, through increased awareness and access to physical activity and healthy eating opportunities in Crawford County*

For more information about the Loop It Challenge please contact Laura Dyszlewski at 989-348-7800 ext 8627 or ldyszlewski@dhd10.org.

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