

— GET FIT NEVADA

Get Fit Nevada is a community initiative to increase physical activity, promote healthy eating and build awareness of health issues. It is coordinated by Iowa State University Extension–Story County, Nevada Chamber of Commerce and Nevada Parks and Recreation.

The initiative, Get Fit Nevada, began in 2005 as a community-based program of Lighten Up Iowa. In the past two and a half years, the focus has shifted from a four-month program to year-round activities and the scope has broadened to include participants of all ages.

In 2008, the Get Fit Nevada program had a record number of participants take part in the Lighten Up Iowa 100 Day Challenge. The success of that program helped to spur the creation of other new programs and ideas. One new program, Walk Well, challenged Nevada fifth grade students to wear pedometers and walk one million steps in 100 days. Get Fit Nevada also distributed nutritional resources from ISU Extension to local preschool children and expanded the adult program to include the Biggest Loser challenge. Other Get Fit Nevada programs held this year include: a weigh-in and weigh-out with health assessments, training time with personal trainers, lunch and learn sessions, community walks and a 50 Days to FIT celebration to mark the halfway point of the 100 Day Challenge.

The 50 Days to FIT event held on March 5th was a major highlight of the program this year. Kim Lyons, celebrity trainer from NBC's the Biggest Loser, visited the community as part of the celebration. Lyons visited with students at the elementary school, shared information with staff at the medical center, trained participants at local fitness facilities; spoke to a large crowd in the high school gym and signed autographs and books for all in attendance. The event really brought the community together and was an amazing opportunity to learn new fitness techniques and nutrition ideas.

Get Fit Nevada is for everyone who lives here, works here and plays here. Working together we will make our community a healthier place to be.

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