OFFICE OF TRAVIS COUNTY JUDGE SARAH ECKHARDT

Dear Travis County Employees,

Please join me in participating in the Million Mile Month this April 2015. Million Mile Month™ is a challenge to Travis County employees to collectively complete one million miles of physical activity in the month of April. Let's start preparing now to take a huge million mile step forward in the health of our great County.

Physical activity and proper nutrition are essential for a healthy life. Without them we see a number of terrible diseases and conditions arise (cancer, diabetes, depression, obesity and heart disease). Travis County often ranks at the top of communities who are committed to fitness and health lifestyle but, unfortunately, the percentages of persons being overweight or obese are rising. We must make a change!

Million Mile Month is a big step in the right direction. Anyone can participate, regardless of age, fitness level or favorite activity - walking, running, biking, yoga and many other activities all count toward our Million Mile goal. Now is the time to put this on your personal and work calendars. Now is the time to encourage your HR liaisons and co-workers to get on board and start promoting the challenge in your upcoming newsletters and e-mails. Now is the time to get moving!

Can County employees reach a 10,000 mile goal on the first day of April? I know we can! Can County employees achieve more miles during the Million Mile Month (April) than our colleagues in sister cities and counties like Houston and Dallas? Yes!

Participation in this fun event is simple, just check out the Million Mile Month website: www.millionmilemonth.org

We look forward to having a meeting very soon to exchange ideas and stimulate a fun, healthy challenge among departments.

I am participating and I look forward to fun challenges and healthy competitions among the Travis County departments. April is the month we commit to getting healthy!

Sincerely,

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