



www.GetFitTN.com • A State of Tennessee Initiative • It's time to **GET FIT** Tennessee!

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HEALTH COMMISSIONER ANNOUNCES NEW RESOURCES TO HELP FIGHT FOR A HEALTHIER TENNESSEE

NASHVILLE, Tenn. - Commissioner of Health Susan R. Cooper, MSN, RN, announced today the addition of new tools and updates to the Get Fit Tennessee Web site www.getfittn.com to help make Tennessee a healthier state. Get Fit Tennessee, known for its cost-free participation and interactive Health and Fitness Tracker, has new tools and information on better health and nutrition. Among them are calculators to assist in fitness, weight loss and smoking cessation, along with a new team competition feature to motivate businesses and other organizations to get healthy together.

"We have seen success over the last two years with the free tools already offered on the site," said Cooper. "It is the best resource available for those in the state who cannot afford a costly gym membership. The new additions on the site make it even more fun and simple to make good decisions and lead a healthy life. The fight to improve our health is one we can win."

In addition to new health and fitness calculators and competitions, GetFitTN.com has also launched new sections devoted to wellness at work and tobacco use cessation. Employers and employees will find tips and instructions on how to organize a wellness program at their offices and tools on the site to assist them.

Get Fit Tennessee is a statewide awareness program developed by Gov. Phil Bredesen to address the rising epidemic of Type 2 diabetes and risk factors that lead to diabetes, like obesity. This initiative is aimed at educating both adults and children that Type 2 diabetes can be delayed or even prevented with modest lifestyle changes like increasing physical activity and eating healthier. For more information on Get Fit Tennessee, including free fitness and nutrition tools, visit www.GetFitTN.com.

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