



[www.GetFitTN.com](http://www.GetFitTN.com) • A State of Tennessee Initiative • It's time to **GET FIT** Tennessee!

**FOR IMMEDIATE RELEASE**

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## **HEALTH COMMISSIONER ANNOUNCES NEW RESOURCES FOR TENNESSEE YOUTH AND TEACHERS**

**NASHVILLE, Tenn.** - Commissioner of Health Susan R. Cooper, MSN, RN, announced today the addition of new sections for young people and their teachers on the Get Fit Tennessee website [www.getfittn.com/kids](http://www.getfittn.com/kids) to help the next generation of Tennesseans get fit. The new site presents fitness and nutrition information for middle school students with bold graphics and engaging activities. Interactive games and trivia encourage kids to learn more about nutrition, proper portion sizes and new ways to move more throughout the day.

"Kids and teens are so technology-savvy, it was time we created a space for them to learn relevant health and fitness information through a medium they are already using," Cooper said. "As obesity rates among children are on the rise nationally, we want to provide a fun and interactive resource for them to learn how to make better food choices and how to get the recommended 60 minutes of movement a day."

The site also includes a section dedicated to teachers who want to incorporate fitness and nutrition information into the classroom. Sample lesson plans are provided, as well as online forums for teachers to discuss lessons, activities and initiatives that work to promote better health among students.

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](http://www.GetFitTN.com).

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This news release is available online at [www.getfittn.com](http://www.getfittn.com).