



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

**FOR IMMEDIATE RELEASE**

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**STATE OFFERS FREE TOOLS FOR BETTER HEALTH IN 2010**  
*GetFitTN.com Provides Resources to Help Tennesseans Keep Their Resolutions*

**NASHVILLE, TENN.** - January is a time when people promise themselves they will be healthier over the next year. Many make resolutions to lose weight, exercise more or quit smoking in the New Year. Residents across Tennessee may find it difficult, or even expensive, to stay motivated and keep their well-intentioned goals in 2010.

Commissioner of Health Susan R. Cooper, MSN, RN, reminds all Tennesseans of the importance of making healthy choices in 2010 and of the free tools and resources offered by the Tennessee Department of Health at GetFitTN.com.

"We all wake up on the first of January with the best of intentions to make a new start," said Cooper. "I understand how difficult making life changes can be, and want everyone in Tennessee to know there are free tools available to help them on their journey to better health."

The Get Fit Tennessee interactive Web site offers numerous tools to help residents stay committed to their health resolutions this year. The site features a fitness tracker and nutrition tracker that allow users to set goals and chart their progress, along with a number of calculators that measure everything from the number of calories in favorite foods to the amount of money saved by quitting smoking. Other features on the site include healthy recipes, fitness challenges and an "Ask the Expert" section where users can e-mail health and fitness questions directly to professionals around the state. Cooper reminds Tennesseans everything offered on the site is free of charge.

"We made some wonderful updates to GetFitTN.com last year," she said. "Our hope is that the people of Tennessee will use these free tools to make positive changes in their health and their daily lives."

Get Fit Tennessee was developed by Gov. Phil Bredesen to address the rising epidemic of Type 2 diabetes and risk factors that lead to diabetes, such as obesity. The 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 can be accessed online at [www.GetFitTN.com](http://www.GetFitTN.com).

NASHVILLE, TENNESSEE 37243  
**WWW.GETFITTN.COM**