

Alabama obesity crisis prompts Get Moving campaign

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MONTGOMERY-- Gov. Robert Bentley and the Obesity Task Force recently proclaimed 2016 the year for Alabama residents to “Get Moving,” a news release from the Alabama Department of Public Health said.

The state’s new Get Moving! campaign will host a summit on Friday in an effort to kick off a yearlong campaign to educate and motivate state residents on the importance of exercise.

The Get Moving Alabama Physical Activity Summit will take place from 8:30 a.m.-4:30 p.m. at the First United Methodist Church of Alabaster-Restore Building in Montgomery.

The event will kick off the Get Moving Alabama yearlong campaign for Alabamians from all walks of life to get moving and get fit, the news release said.

Alabama has the fifth highest rate of adult obesity in the nation, the fourth highest rate of diabetes and the second highest rate of hypertension.

Increasing physical activity can help residents achieve a healthy weight, reduce the risk of chronic diseases, such as cardiovascular disease and cancer, improve mental health, increase productivity and brain function and increase longevity.

School professionals, community and government leaders, health care providers, fitness and health professionals, worksite wellness coordinators and concerned citizens are encouraged to attend the summit.