

NEWS RELEASE

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State Helps Individuals Live Better, Grow Stronger

FOR IMMEDIATE RELEASE

(PIERRE, SD 02/01/08)- When it comes to improving our nutrition and physical activity habits, it's no secret: getting started is the hardest thing to do-- followed a close second by sticking with it.

As part of the South Dakota Department of Health's 2006 Nutrition and Physical Activity Plan, South Dakotans can log on to www.healthysd.gov and sign up for a Personal Health Journal to help themselves live better and grow stronger.

"This is a great way to start your journey toward a healthier life," says Kristin Biskeborn, State Nutritionist with the South Dakota Department of Health.

"The Personal Health Journal will help you set goals and give you information and ideas on how to reach your goals. These are really simple and easy steps you can take to make a difference."

When visitors log on to the site, they will find a link to the Personal Health Journal. After a short sign-up process, you can set up personal goals and keep a log that tracks your daily calorie count and physical activity.

The key, as always, is to try to be consistent and persistent. And to have fun.

Healthy SD.gov was created to help South Dakotans live better and grow stronger by becoming more physically active and eat healthier foods. The Web site contains links to nutrition information and physical activity tips, with special sections for kids, tweens and teens, adults, parents, seniors, schools and worksites.

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To help drive visitors to the Web site, a public service campaign is currently running in all South Dakota newspapers and on the state's TV and radio stations, examples of some simple steps South Dakotans can take to live healthier lives.

Log on to www.healthysd.gov to learn more.

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The Nutrition and Physical Activity Plan is the first comprehensive plan to increase healthy eating and physical activity as ways to reduce overweight and obesity levels, and their subsequent risk for chronic diseases such as cardiovascular disease, hypertension, and diabetes. It was released in early 2006.

Other programs have been developed as part of the Nutrition and Physical Activity Plan, including a worksite wellness program; "Fit from the Start," giving caregivers information on helping children get a healthy start to their lives; "Great Day of Play," which works in conjunction with state and local parks departments; and "Healthy Hunter," which encourages hunters to get fit before the start of hunting season by offering them a six-week nutrition and fitness program.



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