Let's Get Healthy Visalia!

As the rates of obesity sky rocket across America and in Visalia, each individual and business is tasked with the challenge, "How do we get healthy and stay healthy?" The Healthy Visalia Committee was formed with local organizations to look at ways to leverage resources and provide helpful hints towards Health & Wellness. The committee is comprised of representatives from City of Visalia, Visalia Unified School District, Kaweah Delta HealthCare District, Family Healthcare Network, College of Sequoias and Tulare County Health & Human Services. To date this committee has announced a new website www.healthyvisalia.com that directs individuals and businesses to healthy information, been awarded a grant to education the public on the risks of sweetened soda beverages and kicked off the plans for a Let's Get Healthy Visalia Festival.

Let's Get Healthy Visalia Festival is a FREE community event which will take place Sunday, October 3, 2010 at the Riverway Sports Park. Event activities will begin at 2:00pm with kick off speakers, live music, health screenings, over 40 health & wellness booths, healthy food, massages, prizes, bounce houses and other activities until 5:00pm. Family activities will be available every half hour including: group walk, zumba, drum event, family fun challenge obstacle course and boot camp. The event will partner with the existing annual Family HealthCare Network Health Fair and the Bi-National Health Week. Mark your calendar to bring your business co-workers to this great event! To take part in the event as a vendor or sponsor call Alma at 624-2416 or email altorres@kdhcd.org.

Another healthy option for your business includes the annual Corporate Games event that is staged by the Visalia Parks and Recreation Department. Each October businesses sign up as a team to play in a mini-Olympic styled event. There are twenty events including sports like Soccer and less competitive team games like Family Feud. Co-workers practice teamwork, improve communication and enjoy a stress free environment. This event has proved valuable for multiple businesses in the City of Visalia. For more information call 713-4336 or email mfitzgerald@ci.visalia.ca.us

Lastly, being healthy starts with each individual and each business. Take a step back and look at what you can do in your business to help your employees and co-workers have healthy options and live a healthy lifestyle.