

FOR IMMEDIATE RELEASE

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Healthier Tennessee to Celebrate Third Annual Healthier Tennessee Week April 22-26

NASHVILLE – The Governor's Foundation for Health and Wellness, a nonprofit dedicated to enabling and encouraging Tennesseans to lead healthier lives through its [Healthier Tennessee initiative](#), will host events and activities in support of Governor Bill Lee's proclamation naming April 22-26 as "Healthier Tennessee Week."

"On behalf of Healthier Tennessee counties, cities, neighborhoods, and campuses around the state, we are grateful Governor Bill Lee has proclaimed April 22-26, 2019, as Healthier Tennessee Week," said **Richard Johnson, CEO of the Governor's Foundation for Health and Wellness**. "We look forward to raising awareness of the positive wellness benefits that increased physical activity, healthy eating, and tobacco abstinence can have on our residents."

In honor of Healthier Tennessee Week 2019, Healthier Tennessee Communities across Tennessee are planning activities to highlight the importance of a healthy lifestyle:

- **The mayors of Cookeville, Chattanooga, Hamilton County, Bledsoe County, Van Buren County, McMinn County, and Warren County will make proclamations** regarding Healthier Tennessee Week.
- **Healthier Tennessee Neighborhood Southside in Chattanooga** will launch its **Community Garden Program** to encourage, educate and support Southside residents in **establishing and maintaining community and residential gardens**. Healthier Southside will host a kick-off event on April 19th for the garden program in honor of Healthier Tennessee Week.
- **Healthier Crossville has reserved a local billboard** to spread the word about Healthier Tennessee Week, encouraging residents to be active, eat smart, and quit tobacco.
- **Healthier Hamblen has organized free wellness activities** throughout the week for its residents, including a yoga class, outdoor walks, and complimentary post-workout fruit for the community.
- **Healthier Tennessee Neighborhood Forest Heights in Knoxville**, in partnership with Bike Walk Knoxville and Bearden Elementary, **will launch a "Walking School Bus" initiative during Healthier Tennessee Week**. The program asks volunteers to help safely walk kids to and from school, get exercise, and give students extra time to be outside and spend time with friends.

- As part of 'Campbell Gets Fit: 10,000 miles in 10 Weeks Challenge,' **Campbell County** will highlight the leading teams and individuals during the week of April 22-26 as '**Healthier Tennessee Week Walkers.**'
- Healthier Tennessee Communities are **urging participation in a statewide social media challenge to raise awareness of health benefits throughout the week.** Participants can follow the hashtag **#HealthierTNWeek** to learn health tips on Healthier Tennessee's social media platforms on [Twitter](#), [Instagram](#), and [Facebook](#).

Spring is a great time to jumpstart an active lifestyle. [Healthier Tennessee's online tools](#) can help Tennesseans get moving and make better choices. More information on Healthier Tennessee can be found at www.HealthierTN.com.

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The [Governor's Foundation for Health and Wellness](#) is a non-profit corporation dedicated to enabling and encouraging Tennesseans to lead healthier lives. Based in Nashville, the Foundation brings together a statewide coalition of employers, health insurers, hospital systems, local governments, school systems and healthcare-focused foundations and community organizations to effect positive, measurable change. The Foundation's Healthier Tennessee initiative strives to increase the number of Tennesseans who are physically active for at least 30 minutes five times a week, promote a healthy diet, and reduce the number of people who use tobacco.