



NEWS RELEASE

City of Spring Hill, Tennessee – Office of Communications
199 Town Center Parkway, Spring Hill, TN 37174
Contact: Jamie Page, Communications Director
ipage@springhilltn.org or 931-486-2252, ext. 222

Thursday, December 14, 2017

FOR IMMEDIATE RELEASE

Residents, businesses invited to participate in 2018 Spring Hill Mayor's Healthy Challenge

SPRING HILL, Tenn. – The City of Spring Hill is honored to have been recently designated by Governor Bill Haslam as a “Healthier Tennessee Community.”

Of the 346 incorporated cities in Tennessee, Spring Hill is now one of only 46 to earn the “Healthier Tennessee Community” designation, which takes a grassroots approach to improving Tennesseans’ health by engaging citizens and local leaders to establish wellness councils and develop sustainable community-wide events and activities that support physical activity, healthy eating and tobacco abstinence. Along with these things, the City of Spring Hill has made other efforts to encourage a healthy, active population by hosting an annual Spring Hill Health & Wellness Fair, partnering with nonprofits like the Late Bloomers to help make a community garden possible, and Mayor Graham’s launch last year of the first Mayor’s Healthy Challenge.

At a public presentation in Nashville, Gov. Haslam and Governor’s Foundation for Health & Wellness CEO Richard Johnson presented the City with a plaque, a flag and a road sign. As part of this designation, the City met the requirements to receive a \$5,000 grant that will be used to install water refill stations in our parks.

To maintain this designation, the City must put together a “Healthier Spring Hill” plan in 2018. Part of that plan includes the 2018 Spring Hill Mayor’s Healthy Challenge, which will officially launch Friday, Jan. 5, and end Friday, April 6. Registration times are: 5 a.m.-noon Jan 5 and April 6 at Longview Recreation Center; and noon-8 p.m. at PowerUP Nutrition.

In the spirit of recognizing our “Healthier Tennessee Community” designation, we would like to invite you to take part in a presentation and flag raising ceremony at 3 p.m. Friday, Dec. 15, where the mayor will informally kick off the 2018 Spring Hill Mayor’s Challenge.

Mayor Rick Graham is encouraging businesses and their employees to compete in one of three categories: Small business, 1-6 employees; Medium business, 7-99 employees; and Large business, 100+ employees. Participating businesses will receive a window

decal designating them as a healthier workplace, and the winner in each category will receive a plaque to display in their office.

Six categories are offered for individual competitors: Males 5-19 years old; Males 20-55 years old; Males 56+ years old; Females 5-19 years old; Females 20-55 years old; and Females 56+ years old. Individual winners from each category will receive a plaque.

For more information on these health and wellness programs, contact Spring Hill City Hall at (931) 486-2252.