Residents, businesses invited to participate in 2019 Spring Hill Mayor’s Challenge

SPRING HILL, Tenn. – It’s time again for the annual Spring Hill Mayor’s Challenge, and what better time to start a new healthy initiative than the start of the new year.

The 2019 Spring Hill Mayor’s Challenge, hosted by Spring Hill Parks & Recreation and the Healthier Spring Hill Committee, will kick off from 6 to 8 p.m. Monday, Jan. 7, at Maury Regional-Spring Hill, 1003 Reserve Boulevard.

If you miss the kick-off, don’t worry; we have extended the check-in day to include Tuesday, Jan. 8 – Friday, Jan. 11, during regular business hours at Power Up Nutrition,
The Mayor’s Challenge will end at the “Check Me Out” event from 6 to 8 p.m. Monday, April 8, at Maury Regional Spring Hill and, again, if you miss our “Check Me Out” date, Power Up Nutrition and Maury Regional Physical Therapy of Spring Hill on Reserve will still “Check You Out,” April 9 – 11, during regular business hours. Call for an appointment.

Participants will be measured in the areas of: Body fat, metabolic age, muscle percentage, water percentage, and visceral fat. This year we have partnered with Maury Regional to also add a Functional Movement Screen, which measures flexibility.

The Spring Hill Mayor’s Challenge will include a competition for individuals, groups and businesses. All will be competing for prizes and bragging rights, but most importantly participants will have an opportunity to become a “Healthier You”!

NEW THIS YEAR:
We want to extend an invitation to Spring Hill business to get involved.
• Join the challenge and compete to become a healthier workplace.
• Donate prizes, coupons, discounts, free items, or services to be used as incentives and/or prizes.
• Offer a “Mayor’s Special” during the months of January – April.
• If you own a restaurant, consider offering a weekly or daily Mayor's Special during the challenge, January – April, with low-fat, low-sugar, and/or low-carb menu options. For example, The Mayor's Salad: a grilled chicken salad with berries; The Mayor's Breakfast Special: a low-carb muffin with coffee; The Mayor's Pizza: a veggie pizza.
• If you own a fitness facility, or teach fitness or nutritional classes, you may offer a Mayors Special on discount classes, discount services, or a special combination designed to attract new members or clients.

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 an award 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.

The City of Spring Hill was honored by Governor Bill Haslam last year with the “Healthier Tennessee Community” designation. Of the 346 incorporated cities in Tennessee, Spring Hill became 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 in 2017 of the first Mayor’s Challenge, which has continued as an annual event as a way to maintain this special state designation.