

HEALTHY COMMUNITIES

Mission Statement

Healthy Communities is a grassroots effort, which encourages the community to embrace and value a healthy and holistic lifestyle through education, support, and advocacy.

Healthy Communities is a group of citizens and professionals of the Randolph County area who are committed to creating and promoting healthy living and wellness.

New Initiatives

Healthy Communities recently merged with the group Healthy Randolph, allowing us to expand our initiatives and outreach to all of Randolph County.

- 1. Wellness Coalition:** Partnering with municipal governments and businesses, the wellness coalition provides insight to help establish working wellness programs to promote health in the community.
- 2. Physical Activity:** The physical activity committee oversees monthly hikes, Playdaze events, and the Mayor's Fitness Challenge and encourages wellness activities within communities.
- 3. Trails:** The Deep River and Uwharrie trails are valuable assets located in Randolph County. The trails committee works to complete and maintain trails in the county to attract new resources.
- 4. Mental Health/Substance Abuse:** With opioids being an epidemic in the county, this committee oversees activities to provide resources to substance and mental health issues.
- 5. Nutrition:** Wellness begins with diet, and the nutrition committee focuses on bringing fresh, healthy food to Randolph County communities.

Thank you to our sponsors for making the Mayor's Fitness Challenge for 2018 possible.

Mayor Bert Lance Stone, City of Archdale

Mayor David Smith, City of Asheboro

Mayor Perry Connor, Town of Franklinville

Mayor Filmore York, City of Liberty

Mayor Bucky Jernigan, City of Randleman

Mayor David Fernandez, Town of Seagrove

Commissioner Kenny Kidd, District 1

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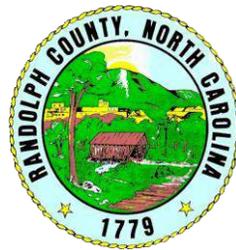
Commissioner David Allen, Chair, District 3

Commissioner Hope Haywood, District 4

Commissioner Maxton McDowell, District 5

Hal Johnson, County Manager

John Crichton, Innovations in Health



For more information about Healthy Communities, please log on to www.healthycommunitiesA3.com



2018

*“Walking Off the Weight-
One Step at a Time”*



Kickoff: Tuesday, October 2nd
Awards: Tuesday, December 4th

*Healthy Communities is a
501(c)(3) non-profit serving
Randolph County*

www.healthycommunitiesA3.com

What is the Mayor's Fitness Challenge?

The Healthy Communities Mayor's Fitness Challenge is a wellness competition between individuals and teams from area schools, businesses, churches, civic clubs, government agencies, and other organizations participating in activities that can be tracked using a fitness conversion tool, found on the Healthy Communities website.

The Mayor's Fitness Challenge is an "all activity" challenge. Almost any activity, from walking to gardening, can be converted into steps. Everyone is encouraged to join in this free wellness challenge and become more alive, active, and able!

In addition, the Mayor Fitness Challenge Cup will be awarded to the elementary school logging the most steps in both Asheboro City and Randolph County Schools.



Key Dates

Please mark your calendar for these important dates pertaining to the 2018 Mayor's Fitness Challenge:

Tuesday, October 2nd -

The kick-off presentation will take place at RCC's LRC Auditorium, located at 629 Industrial Park Avenue in Asheboro. The event will begin at 6 p.m. Come to learn more about the 2018 Mayor's Fitness Challenge and have all your questions answered. A raffle will take place to award a lucky winner a grand prize wellness basket! All attendees will receive a free gift.

Monday, October 8th -

Begin logging your activities! This is the first official start of the 2018 Mayor's Fitness Challenge.

Sunday, November 18th -

Be sure to get those last few steps in by this date. This will be the final day for logging steps as part of the challenge.

Tuesday, December 4th -

Plan to join us at the Sunset Theatre in Asheboro at 5:30 p.m. for the closing awards ceremony and raffle to the 2018 Mayor's Fitness Challenge.

Recognition and prizes will be awarded to the top male and female individuals logging the most steps on the conversion tool and also to teams with the highest number of steps recorded.

A raffle will be held for those that complete special wellness events. The more events you attend, the more entries you receive to win some great prizes!

Special Challenge Events

All events are free and open to the public,

Throughout the six-week challenge, get out and ***"Walk off the Weight- One Step at a Time!"***

Saturday, October 20: Walk at Creekside Park, Archdale

Saturday, October 27: Walk at Presnell Park, Seagrove

Saturday, November 3: Walk at Freedom Park, Liberty

Saturday, November 10: Walk at Bicentennial Park, Asheboro

All Saturday walks will begin at 9am at the designated park.

Sunday, October 14: Hike in the Birkhead Wilderness to Cooper Cemetery

Sunday, October 21: Hike to the Gold Mines in the Birkhead Wilderness in the Uwharrie Forrest

Sunday, October 28: Hike at Ridge's Mountain Nature Preserve maintained by the NC Zoo

Sunday, November 4: Hike at Franklinville Rail Trail and visit to the historic Faith Rock

Sunday, November 11: Hike at Mount Shepherd Retreat Center to the highest point in Randolph County.

All hikes will meet at the downtown Asheboro Farmer's Market at 1:30pm to car caravan to the site of the hike.

If it is raining at the time of the event, the event will be cancelled/postponed.
Questions? Need Directions? Contact Jim Rich at 336-625-2993 or jrichjr@triad.rr.com