

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.

Initiatives

1. **Wellness Coalition:** Partnering with municipal governments and businesses, the wellness coalition provides insight to help establish wellness programs to promote health in the community.

2. **Physical Activity:** The physical activity committee oversees monthly hikes, Playdaze events in collaboration with the Randolph Partnership for Children, and the Mayors Fitness Challenge as well as encouraging 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:** This committee oversees activities to provide resources for substance abuse and mental health issues.

5. **Nutrition:** The nutrition committee focuses on bringing fresh, healthy food to Randolph County communities.

Thank you to our participating Mayors for making the Mayor's Fitness Challenge 2020 possible.

Mayor Bert Lance Stone, City of Archdale

Mayor David Smith, City of Asheboro

**Mayor Perry Connor,
Town of Franklinville**

Mayor Filmore York, Town of Liberty

Mayor Vicki Caudle, Town of Ramseur

Mayor Bucky Jernigan, City of Randleman

Mayor David Fernandez, Town of Seagrove

*In partnership with the Mayors
Fitness Challenge:*

Department of Public Health

**Randolph County
Strategic Planning Partners**



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



*"Creating a Culture of Wellness
One Step at a Time"*

2020

Get Fit With Friends and Family



Kickoff: Thursday, October 1st
Awards: Tuesday, December 1st

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

www.healthycommunitiesA3.com

What is the Mayor's Fitness Challenge?

The Mayors 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 Mayors 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.

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



Key Dates

Please mark your calendar for these important dates pertaining to the 2020 Mayor's Fitness Challenge:

Sign Up

Sign up as an individual or team by going to the link below.

Saturday, October 3

Begin logging your activities! This is the first official day of the 2020 Mayor's Fitness Challenge.

Sunday, November 15

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

Tuesday, December 1

Awards - Location TBD

AWARDS

Recognition and prizes will be awarded to the top three male and female individuals logging the most steps on the conversion tool and to the top three teams with the most steps.

Also, monetary prizes will be awarded to County Employees for the top male and female individuals and top team with the most steps.

www.healthycommunitiesA3.com

Special Challenge Events

All events are free and open to the public. Be sure to wear a mask/face covering at the start and maintain social distancing during the walk/hike.

Saturday, **October 3**: Walk at **Creekside Park, Archdale**

Saturday, **October 10**: Walk the **Ramseur Rail Trails section of the Deep River State Trail, Ramseur**

Saturday, **October 17**: Walk at **Bicentennial Park, Asheboro**

Saturday, **October 24**: Walk at **Presnell Park, Seagrove**

Saturday, **October 31**: Walk at **Freedom Park, Liberty**

Saturday, **November 7**: Walk in **Randleman, Randleman**

All Saturday walks begin at 9 am.

Sunday, **October 11**: Hike at **Franklinville Rail Trail and historic Faith Rock**

Sunday, **October 18**: Hike at the **Birkhead Wilderness** in the Uwharrie National Forest

Sunday, **October 25**: Hike at **Ridge's Mountain Nature Preserve** managed by the NC Zoo

Sunday, **November 1**: Hike at **Mount Shepherd Retreat Center** to the **highest point in Randolph County**.

Sunday, **November 8**: Hike at **Camp Caraway Conference Center & Camp**.

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

Hikes will be cancelled/postponed due to rain.

Questions? Need Directions? Contact **Jim Rich** at **336-625-2993** or **jrichjr@triad.rr.com**