



MICHIGAN FITNESS FOUNDATION

FOR IMMEDIATE RELEASE

February 12, 2010

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## **For Physically Active, Paczkis OK** *Fat Tuesday a Day to Recognize Importance of Physical Activity*

LANSING, Mich. – Go ahead and grab a 400-calorie paczki on Fat Tuesday. That is if you plan to jog for 50 minutes, walk briskly for an hour, or ride a bike 20 mph for 60 minutes, which is needed to burn off the additional calories, according to Marci Scott, Ph.D., R.D., vice president of health programs at the Michigan Fitness Foundation.

Those who indulge on Mardi Gras are encouraged to counteract their sweets by staying active. The Governor's Council on Physical Fitness, Health and Sports endorses hundreds of physical activity events across the state including the upcoming 5K races Winter Blast in Grandville, United 5K in Okemos, Shamrocks & Shenanigans in Ann Arbor, and four-mile walk/run Bill Agresta Scholarship Hustle in Hemlock. For a full list of endorsed events and information visit [www.michiganfitness.org/endorsements](http://www.michiganfitness.org/endorsements).

Registering for events is not the only way to get moving this winter. Michigan offers more than 2,000 miles of trails for recreation including walking, biking and running. To find a trail near you visit [www.michigantrails.org](http://www.michigantrails.org).

The Surgeon General's Vision for a Healthy and Fit Nation, released in 2010 by the Department of Health and Human Services, recommends looking for ways to add physical activity throughout the day. This includes taking the stairs instead of the elevator, and incorporating extra walking steps in a day. The 115 communities in Michigan who have completed the Promoting Active Communities (PAC) assessment are working to build environments for residents to easily add physical activity into their daily routines.

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**Governor's Council on Physical Fitness, Health and Sports – Michigan Fitness Foundation**  
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For a list of participating communities, or to register a community for the PAC program visit

[www.mihealthtools.org/communities](http://www.mihealthtools.org/communities).

Schools across the state have also joined in promoting daily physical activity through the international Safe Routes to School movement. The Michigan Fitness Foundation and the Michigan Department of Transportation work with schools to make it safe, convenient and fun for students to walk or bike to school. For more information about the program visit [www.saferoutesmichigan.org](http://www.saferoutesmichigan.org).

The Michigan Fitness Foundation also provides quality physical education to schools with the Exemplary Physical Education Curriculum (EPEC). This award-winning physical education curriculum provides students with the knowledge and skills to be active for life.

With a commitment to a healthy lifestyle including 30 to 60 minutes of physical activity at least five times per week, one paczki won't be a problem.

“While an occasional treat is okay, a nutritious diet and regular physical activity are the best ways to stay healthy for life,” says Scott.

The Governor's Council on Physical Fitness, Health and Sports and the Michigan Fitness Foundation envision a physically educated population with the knowledge and skills to enjoy a healthy, vigorous and safe lifestyle in communities designed to support physical activity. For more information, visit [www.michiganfitness.org](http://www.michiganfitness.org).

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