



# Health And Well-Being

## Fitness Made Simpler

(NAPSA)—Making healthy lifestyle changes may have just gotten a little easier.

Many health clubs are opening their doors, free, for several days as part of the annual Get Active America! program.

Participating clubs will enroll members and nonmembers in the Presidential Active Lifestyle Award's (PALA) "Million PALA Challenge," asking people to commit to being active five days a week for at least six out of eight weeks. For adults, this entails 30 minutes of exercise a day—or 8,500 steps. For children, this entails 60 minutes a day, or 11,000 steps for girls and 13,000 steps for boys.

The clubs will provide enrollees with support and encouragement, including club-based activities, community walks and sometimes e-newsletters. This includes "Bring a Friend" days, when clubs invite current members to bring their friends and family to get physically active at the club; and "Open House" days, when clubs open their doors to the public, free of charge, to help everyone feel supported in adopting more physically active, healthier lifestyles.

A joint initiative between the President's Council on Fitness, Sports and Nutrition and Let's Move!—championed by First Lady Michelle Obama—the "Million PALA Challenge" aims to get at least 1 million Americans to sign up and achieve the award.

"It's hard to make healthy lifestyle changes without the support of those around you," says Joe Moore, president and CEO of the International Health, Racquet &



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Sportsclub Association. "Health clubs offer inspiration and the support people need to springboard into healthier, more active lifestyles—so they won't feel alone in doing it."

Here are some easy ways to get started:

- Join a gym.
- Sign up for a group exercise class.
- Take the stairs instead of an elevator.
- Bike to work or school, to run errands or to visit friends.
- Walk the dog.
- Join a sports team.
- Do yard work.
- Walk to the store.
- Park at the far end of the lot.

Anyone who wants to live a healthier, happier and more fulfilling life is encouraged to participate in Get Active America! and the "Million PALA Challenge." To find participating clubs, visit <http://healthclubs.com/getactiveamerica>. You can enroll at [www.millionpalachallenge.org](http://www.millionpalachallenge.org).