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 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 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 Mayors Fitness Challenge 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

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
What is the Mayors 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 Mayors 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. 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 is the final day for logging steps as part of the challenge.

**Tuesday, December 4th** -
Join us at the Sunset Theatre in Asheboro at 5:30 p.m. for the closing awards ceremony of the 2018 Mayor’s Fitness Challenge. A raffle will take place.

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!

www.healthycommunitiesA3.com

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 Forest
- **Sunday, October 28**: Hike at Ridge’s Mountain Nature Preserve maintained by the NC Zoo
- **Sunday, November 4**: Hike at Franklinville Rail Trail 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.

Hikes will be cancelled if it rains.

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