

We would like to invite you to participate in the *America on the Move Week*.

This is excellent way to show support to your constituents and to show the importance of a healthy lifestyle. Here are some ways that you can support this endeavor:

- Agree to wear a pedometer from September 20-27 and track your steps and activities for the week. At the end of the week, record the amount of steps you took to be added to the YMCA community step tracking database.
- Attend our Open House Health Fair on September 27th sometime between 10:00am to 1:00pm to demonstrate your commitment towards Oakland becoming a healthy place for families.
- Encourage your staff and constituents to attend our events.

Americans need to improve individual, family and community wellness.

- 93 percents of Americans report attempting to make everyday choices to be healthy and live well, 47 percent struggle to do so.*
- Nearly 39 percent of Americans think that a lack of time prevents them from living a healthier lifestyle. Another 21 percent feel the cost of eating a balanced diet is their primary obstacle.

* According to the Amway Global Wellness Index, a recent survey of 15,000 Americans.

On **Saturday, September 27 from 10:00am to 1:00pm**, the Downtown Oakland YMCA will be hosting a community Open House Health Fair to celebrate *America on the Move Week* (September 20-27). This special week encourages Oakland families to make small changes to a healthier way of life. During the *America on the Move Week*, the YMCA encourages everyone to walk 2000 extra steps a day and to keep track of their steps and daily activities with a pedometer. On Saturday, September 20 from 11am to 1pm, the Downtown Oakland YMCA will be passing out grant sponsored pedometers to the community and providing information about the *America on the Move Week*. All participants will upload their step/activities in a centralized database to contribute to the nationwide goal of 10 million people taking 10 billion steps throughout the week.

In addition to our wellness events, we will also be leading community walks around the YMCA neighborhood during *America on the Move Week*. Each walk leader will be assessing the “walkability” in our neighborhood. We will send you the results to these walk assessments.

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