



**Community
Health Development, Inc.**
The Heart of the Community

News Release

FOR IMMEDIATE RELEASE

February 17, 2010

Contact: Chuck Lutke

(830) 278-5604, extension 3112 or clutke.chdi@tachc.org

ANDALE UVALDE! CITY-WIDE FITNESS PROGRAM SET TO BEGIN FEBRUARY 18, 2010 AT HONEY BOWL

UVALDE, TEXAS – Community Health Development, Inc. (CHDI) will present the third annual Andale Uvalde! (Let's Get Walking Uvalde!) city-wide fitness program from 5:30 pm to 6:30 pm on Thursday, February 18, 2010 at Memorial Park on the Leona River.

Andale Uvalde! is a low-impact, move-at-your-own-pace, weight-loss contest for anyone interested in the many benefits of good health, including increased energy and vitality, better mental and emotional well-being, and longer life. Everyone is invited to attend, whether you would like to lose a few pounds, many pounds or simply enjoy physical activity with others. Teams from businesses, civic groups, schools and other organizations are encouraged to attend.

Participants will register and receive a packet of information to help them track their activity and weight loss for an introductory period of nine weeks. Each weekly meeting will involve encouragement and tips on better living from CHDI staff members and/or featured presenters from the community. Door prizes will be awarded at each meeting and, at the conclusion, grand prizes will be awarded in the categories of Biggest Loser Team, Biggest Loser Individual, and Team With The Most Physical Activity.

For more information about Andale Uvalde!, contact Ruth Villarreal at (830) 278-3765, extension 3308.

CHDI's mission, observed daily at each of its four health centers, is "to continuously improve the *Nuestro Bienstar* (Health and Well-Being) of the community we serve by providing access to quality health care services that are responsive to the diverse rural, cultural and bilingual populations in our community."

- End -