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Staying on Course – Revisit Resolutions to Eat Smart, Move More

RALEIGH – In January, thousands of North Carolinians made resolutions to eat better, get more physical activity and achieve a healthy weight. However, most of those resolutions were abandoned before March. Midway through the year is a great time to get back on course toward achieving those goals.

Throughout July, local health departments, cooperative extension agents and community groups will help people in their counties revisit their resolutions or make new mid-year resolutions through the “Revisit Your Resolutions” campaign. This campaign is part of the statewide Eat Smart, Move More NC movement.

“This campaign will help people stay on track or get back on track. It will also remind them of their resolutions and encourage them to re-commit to their goals,” said Carolyn Dunn, chair of the Eat Smart, Move More NC leadership team. “Making lifelong changes in eating and physical activity takes time and commitment. We can all learn from each other as to what works. Setbacks sometimes happen; the important thing is to try again.”

“Through the *Eat Smart, Move More...Maintain, don't gain! Holiday Challenge*, we were successful in helping people maintain their weight over the holidays last year. We hope this summer campaign will guide them to keep the goals they set in January or to get back on track,” Dunn said.

A little extra guidance led to success for a majority of the 5,400 individuals enrolled in the *Eat Smart, Move More...Maintain, don't gain! Holiday Challenge* last year – 79 percent maintained their weight during the holidays. And, 12 percent of the participants actually reported losing weight.

The “Revisit Your Resolutions” campaign provides tips for getting more physical activity, managing summer stress, choosing better drinks, enjoying healthy summer snacks, and eating smart and moving more while on vacation. Free information, ideas and materials for interested groups are posted under “News” on the ESMM web site, www.EatSmartMoveMoreNC.com.

Eat Smart, Move More NC is a statewide movement and partnership that promotes healthy eating and active living wherever people live, learn, earn, play and pray.

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