



Walk, Talk and Lunch With the Mayor

On May 17, the Mayor and Victoria Bartlett were joined by Tulsans for a brisk walk through the Blue Dome district, followed by a nutritious lunch at Dilly Deli, 402 East 2nd Street. Citizens who were interested in jump starting their fitness and nutrition program turned out for the healthy event aimed at encouraging citizens to live healthy lives.

At the news conference, Mayor Bartlett said, “We’ve just heard that the Tulsa Health Department and Family Health Coalition are one of 15 grantees awarded a Communities of Excellence Nutrition and Fitness Program grant through the Tobacco Settlement Endowment Trust. This is great news for our community! Get Lean Tulsa is one of more than 45 partners who will be developing a plan for this nutrition and fitness grant, which will be aimed at promoting healthy eating and physical activity.”

Get Lean Tulsa is a communitywide health initiative which is dedicated to encouraging healthy lifestyles for Tulsans. The Get Lean Tulsa web site—www.GetLeanTulsa.com—provides free online tools for citizens to keep track of their daily fitness and nutrition activity. It is also a one-stop location to find upcoming walks and runs, nutrition and fitness tips, parks and trail maps, healthy recipes, and more.