

Pontotoc County to 'Walk this Weigh'

ADA — The people of Pontotoc County plan to get their bodies fit again through exercise, good nutrition and by participating in a local health initiative called "Ada, Walk This Weigh." In an effort to promote family health with activities for children and parents, the next scheduled walk will be located at the Ada Walking Trail. Activities will begin at 5:15 p.m, Monday, Oct. 23.

"Play This Weigh," a fun program promoting exercise for children, will be offered during this event. Parents may leave their children with the Success By 6 coordinator and United Way staff to go walk while their children participate in activities targeted toward youth. Children are encouraged to wear their Halloween costumes and participate in exercises to win prizes. Every child wins something!

The schedule is as follows:

5:15 p.m. — Meet at Ada Walking Trail to receive pedometer, on 12th by the recycling center.

5:30 p.m. — "Play This Weigh" begins, on the Walking Trail at 16th street, on the grass, we will have balloons to mark off where.

5:30 p.m. — Walk the distance of 1 mile along the trail.

According to the State Department of Health, three of the leading causes of death in Oklahoma are heart disease, stroke and arteriosclerosis, but local health officials say there is good news: something can be done to help prevent many of those deaths. "Ada, Walk This Weigh" participants are taking the first step toward improving their health.

In Oklahoma, approximately 43 percent of adults report no leisure time physical activity.

Thirteen percent of children and adolescents are now overweight or obese, double the number reported 30 years ago.

More than 15 percent of our youth are considered obese, and about 33 percent of all children under age 18 are at high-risk for Type 2 diabetes.

"The percentage of college students who drank beer frequently or occasionally grew from 45.8 percent at the beginning of freshman year to 58.5 percent by the end of the freshman year" (The Chronicle of Higher Education, Vol. 49, 2002).

The following was found in a student-based survey conducted by The Centers for Disease Control and Prevention, 2002:

-Only 23.9 percent of college students had eaten five or more servings per day of fruits and vegetables (excluding French fries, fried potatoes, or potato chips) during the seven days preceding the survey.

-18 percent drank three or more glasses per day of milk during the survey period.

-40.4 percent had eaten less food, fewer calories or foods low in fat to lose weight or to avoid gaining weight during the thirty days preceding the survey.

-12.6 percent had gone without eating for more than twenty-four hours to lose weight or to avoid weight gain.

-Nearly 53 percent of freshman spent six or more hours per week exercising or playing sports (entering school), but that figure had fallen to 34 percent by the end of the first college year.

For more information, visit the Ada Regional United Way at (580) 332-2313 or visit <http://www.okturningpoint.org>.