

YOUR TURN

Shape up, Phoenix, with city's new program FitPHX

Phoenix is known for many great things, including year-round sunshine, our friendly people and world-class desert preserves. Well, we would like to add something else to this impressive list. We want to be known as the healthiest city in the nation!

A recent survey ranked Phoenix 26 out of 50 for healthiest and fittest U.S. cities. OK, we know that's pretty good, but we all believe in striving to be the best we can be, especially when it comes to our health. With a little team effort — and fun along the way — we can raise the bar all the way to the top. That's why we created FitPHX.

FitPHX is not a diet or an exercise program with a short shelf life. And it is definitely

not about keeping a New Year's resolution. This program is about taking simple steps every day to change the way we all think about eating and becoming more active. This is about a lifestyle shift that doesn't have to bum you out. In fact, it will energize you!

We wanted to make it easy to get started — and easy to keep moving — so we created a new website, phoenix.gov/fitphx, that brings together hundreds of the city's health-related programs offering solutions for tackling some of the biggest health issues facing our city, including heart disease, obesity and asthma.

On this website, we will introduce you to places where you can enjoy a little exercise — for little or no cost! Places

like city pools, basketball courts and the above-mentioned desert preserves, along with some unexpected fitness destinations.

So this is your invitation to join the FitPHX team. Make phoenix.gov/fitphx your homepage so it's easy to keep up on the latest events and news from our team. Just take that first step and you will see how much fun you can have getting healthy, so you won't have to make — and break — that New Year's resolution ever again!

Greg Stanton is mayor of Phoenix. Daniel Valenzuela represents District 5 on the Phoenix City Council. Olympic gold medalist Misty Hyman is a Valley resident and member of the Arizona Sports Hall of Fame.



Phoenix Mayor Greg Stanton (left), Olympic gold medalist Misty Hyman and Phoenix Councilman Daniel Valenzuela are touting FitPHX, a new city initiative to improve residents' fitness. MICHAEL HAMMETT