NCAE Kicks Off Statewide “Walk for Wellness Challenge”
During American Education Week

(YOUR TOWN/CITY, NC) – The (YOUR LOCAL ASSOCIATION), in conjunction with the North Carolina Association of Educators (NCAE) is kicking off a “Walk for Wellness” event on (DATE), in celebration of American Education Week. The walk begins at (TIME AND LOCATION).

American Education Week, the third full week in November, is a time set aside to show appreciation for the work that educators do around the country. It was created by the National Education Association (NEA) and the American Legion. This year’s theme is “A Strong America Starts with Great Public Schools.”

Members in each of the NCAE districts are being asked to walk for 30 minutes in an effort to bring awareness to the importance of a healthy lifestyle. According to the Centers for Disease Control, more than 60 percent of American adults and nearly 20 percent of children are overweight or obese. Rates of obesity among educators are actually higher than the national average, making many of us more vulnerable to diseases such as diabetes, hypertension and cardiovascular disease. And stress – we don’t have to tell you about our risk of that!

(QUOTE FROM LOCAL AFFILIATE PRESIDENT/SPOKESPERSON)

“The ‘NCAE Walk for Wellness Challenge’ will continue through May, the end of the school year, said NCAE President Eddie Davis. “Members can form walking teams or participate as an individual. Progress is an important step in staying healthy, so members are being asked chart their results and to participate in three (3) confidential weigh-ins, with the first being January 11, 2006. Other weigh-ins will be held in March and in May.”

NCAE has endorsed a program designed by the N.C. State Health Plan, “North Carolina Health Smart.” Available at no cost, the program can help put educators on a path to better health in three easy steps by offering: 1) a Health Risk Assessment through WebMD; 2) a personal action plan; and 3) free 24/7 health coaching, receipt of health information and a worksite wellness program. NC HealthSmart is designed to help healthy members stay healthy and empower members with a chronic disease to better manage their health.

NC HealthSmart can be assessed at www.statehealthplan.state.nc.us or by calling 1-800-817-7044.

(AFFILIATE NAME) represents more than ___(#)__ education professionals in (COUNTY NAME).

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