

MAYOR'S



INITIATIVE

HEALTH & FITNESS

start!

"Moving Our Community"

In an effort to support, inspire and engage people to lead a healthier life; City of North Richland Hills Mayor Oscar Trevino is introducing the entire community to the **Mayor's Health & Fitness Initiative.**

This initiative challenges our community to take the first steps toward better health by encouraging regular physical activity. It's simple: Sign Up-Show Up-Keep It Up!



American Heart
Association®



Learn and Live™

NRH

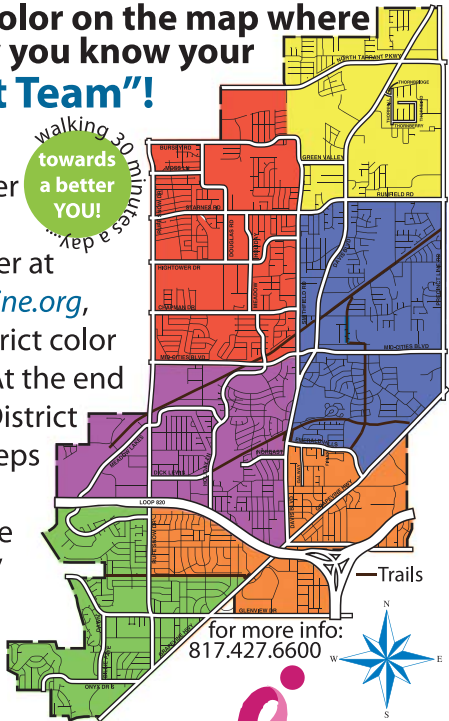
To learn more and enroll in the City of North Richland Hills "START!" on-line program, go to www.mystartonline.org

Once registered, the site allows you to log and track your daily activity and join others on the path to wellness. Use the site to get motivated with your social media sole-mates!

Point to the color on the map where you live! Now you know your "Fit District Team"!

Take the first step to a healthier neighborhood. When you register at www.mystartonline.org, enter the Fit District color where you live. At the end of 2010, the Fit District with the most steps logged will be recognized as the "Fittest District" within NRH! The Mayor says, "Game on...!"

walking 30 minutes a day
towards a better YOU!



MAYOR'S FUN WALK



Saturday,
April 10 @ 9:00 a.m.

* Wear your Fit District
Color!

Walker's Creek Park
8403 Emerald Hills Way



susan g. komen
race
FOR THE **cure**

Saturday,
April 24

Join Team NRH at
www.komentarrant.org
Downtown Fort Worth
Team NRH vs. Team Hurst
*fee applies