



## Get Up & Go! City Award Program

### Are you a Get Up & Go! Community?

Get Up & Go! has launched an award program for cities in St. Clair County that BEST exemplify the attributes of a Get Up & Go! Community.

We want to recognize and reward communities that are working to *make healthy choices available to their residents*. Your stories can inspire other communities to follow your good example. Where we live is one of the **MOST IMPORTANT** factors in determining our health. The availability of healthy foods and safe, attractive public spaces for exercise make it possible for people to make healthy choices.

**Complete our Get Up & Go Community Application!**

Communities wishing to be considered can download the application at:

[www.getupgo.info/communityapplication](http://www.getupgo.info/communityapplication)

Those who meet the requirements for a Get Up & Go! community will be *announced* on **May 2, 2017**. The top community will also receive a **\$1000 prize** to further your work in promoting health in your community.

**Communities wishing to be considered should submit applications by April 1, 2017!**

Get Up & Go! is working to transform St. Clair County into one of the Nation's healthiest counties by focusing on healthy eating and active lifestyles!

***For more information, please contact:***

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