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## **“One Foot Closer to Fitness” - Healthy Heroes of Nashua Honored by Mayor Donnalee Lozeau**

**Nashua, NH October 31<sup>st</sup>** — Nashua’s first “Walk a Mile with Our Mayor” was held on Saturday, October 5, 2013. Thoughtfully planned by the Community Health Improvement Plan (CHIP) Obesity Prevention workgroup, a project led by the Nashua Division of Public Health and Community Services, this event brought together an estimated 200 Nashua residents. It provided an opportunity to engage in healthy activities and celebrate the many healthy nutrition and exercise options available in the area.

To kick off the day, Mayor Donnalee Lozeau led residents of all ages on a 1.3 mile walk from Nashua City Hall along the Heritage Rail Trail, to the Boys & Girls Club of Greater Nashua and Veterans Memorial Park where fun family friendly activities were available. Activities and exhibits included outdoor Zumba classes, a children’s obstacle course, CATCH Kids Club games, healthy snacks, information on healthy eating, and free drawings and giveaways. Children participating in the walk received blue backpacks commemorating, “I walked a mile with my Mayor” and wooden rulers that were engraved with the saying, “One Foot Closer to Fitness”.

In acknowledgement of this first time event, Mayor Donnalee Lozeau recognized two individuals responsible for bringing outstanding nutrition and exercise programs or practices to the community. During the post-walk celebration the Mayor honored these “Healthy Heroes”, Dr. Charles T. Cappetta, MD FAAP and Roberta Abodeely, BS RN. Dr. Cappetta, or “Dr. Chuck”, is a general pediatrician at Dartmouth Hitchcock Nashua as well as chairman and founder of Granite State FitKids. Through this program, Dr. Chuck has reached over 28,000 students in NH and MA to teach them how to care for their health and to encourage participation in both aerobic and non-aerobic activity. Robin Abodeely of the Dr. Crisp School has been a full time nurse with the Nashua school district for over fifteen years and is an active member of the CHIP Obesity workgroup. As the current chair of the district’s Wellness Team, she helped Nashua develop policies around healthy eating in our schools. When Dr. Crisp Elementary School was recognized with a national Silver Award by the U.S. Department of Agriculture as part of their Healthier US School Challenge, Robin was one of the key contributors who made it happen. The award, a relay running baton, will hopefully become a symbol of community leaders who lead by example as they “pass the baton” to future “Healthy Heroes”.

Mayor Donnalee Lozeau reflected, “The success of and turnout for this first time event shows the value this community has placed on living healthier and more active lives, and we hope to make it a tradition.”

For more information about the Walk a Mile with Our Mayor event or the 2013 Healthy Heroes Award please contact the City of Nashua Division of Public Health and Community Services at 589-4543. More pictures of the event, courtesy of Zoned 8 Designs, can be found on the City of Nashua Division of Public Health and Community Services Facebook page.

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