



# Healthy Belvedere

Making the Healthy Choice the Easy Choice

## For Immediate Release

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## Healthy Belvedere Starts A MOVEMENT *Starting January 3, 2011*

Belvedere Park, Decatur, GA– Something exciting is happening in south DeKalb. Over the last six months, the Kaiser Permanente sponsored Healthy Belvedere Initiative has strengthened their leadership, narrowed and fine tuned their focus and is preparing to launch a MOVEMENT in the Belvedere Park community. The MOVEMENT will be focused on expanding and enhancing the initiative's existing walking club program. The expected outcomes of the MOVEMENT are to increase the number of walking clubs, increase the number of people participating in physical activity to demonstrate a reduction of obesity, high blood pressure and pre-diabetes, and to ultimately increase the advocacy capacity of walkers to bring about policy and environmental change in the Belvedere community.

The MOVEMENT launch will take place over the first quarter of 2011 and will be facilitated in 3 phases: "READY", "SET", and "MOVE". The READY phase will take place in January, 2011 and will consist of ~~three~~ interest meetings: There will be two opportunities to attend the A Walker Liaison & Partner Interest Meetings: One on Wednesday, January 19, 2011 at 12:00 pm and on Saturday, January 29, 2011 at 9:00 am (open to faith based leaders, education and civic leaders, businesses and interested walking club leaders) and a Walking Club Resident Interest Meeting on Saturday, January 29, 2011 at 10:00 am open to all who live, work, worship or play in Belvedere. Both of these meeting will take place at Christ the Lord Church located at 3760 Glenwood Road, Decatur, GA 30032.

The SET phase will occur in the month of February and will consist of a Walking Club Lead Orientation, scheduled indoor group fitness activities, nutrition classes, cooking demonstrations and individual walker assessments. Finally, the launch will commence with MOVE phase, where a Walking Club MOVEMENT Kick Off event on March 12, 2011 will feature inspirational speakers, fitness demonstrations, health and nutrition exhibitors (time and location TBD).

Healthy Belvedere welcomes all that live, work, worship or play in the Belvedere Park Community to participate in this MOVEMENT. For more information on how to get involved, meeting times and locations and other Healthy Belvedere programs and activities, please visit the

Healthy Belvedere website at [www.healthybelvedere.org](http://www.healthybelvedere.org) or contact Celeste Beaty, Project Administrator at [celeste@healthybelvedere.org](mailto:celeste@healthybelvedere.org) or 678/973-2186.

### **About Healthy Belvedere**

*The Healthy Belvedere Community Health Initiative is a neighborhood effort to reduce health disparities associated with chronic illnesses through environmental and policy changes. Healthy Belvedere is based in southeast DeKalb County. The service area is formed on the north by Memorial Drive, Columbia Drive to the east, Glenwood Road to the south, and Candler Road to the west. The initiative is a partnership between Kaiser Foundation Health Plan of Georgia, The Community Foundation for Greater Atlanta, and Belvedere community stakeholders. Kaiser has committed to investing in the Belvedere community over a five to seven year period and the Community Foundation manages the initiative. For more information about Healthy Belvedere, visit [www.HealthyBelvedere.org](http://www.HealthyBelvedere.org).*

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