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Race to Become the Fittest City in Texas

Eleven Texas Cities Join the Texas Round-Up Affiliates Program

Austin, Texas—Today Texas Round-Up announces its newest partners in its ongoing effort to get Texans fit. The Cities of Bay City, Bevil Oaks, Dish, Dumas, Euless, Georgetown, Grand Prairie, Houston, Onalaska, Roanoke, and Slaton are among the first in Texas to join the Texas Round-Up Affiliates Program. Each city pledged to help make Texas the fittest state in the nation.

In August 2002, the Texas Department of State Health Services reported that more people die from cardiovascular disease (CVD) than for any other reason. CVD is also the number one cause of emergency room visits. Experts believe in most cases, CVD can be prevented. According to the Center for Disease Control, modification of three health-related behaviors – tobacco use, physical activity, and nutrition – is essential for reducing the risk of cardiovascular disease.¹

Each affiliate city will develop a program to target its specific community needs. While some cities will host their own fitness and athletic community events, others will promote Texas Round-Up's free online activity-log program. "With a state as diverse as Texas, we want to develop a health and fitness program that is inclusive of everyone," said Marty McCartt, executive director of Texas Round-Up. "In launching the Affiliates Program, we wanted to allow cities the flexibility to do what is best for their communities while maintaining the momentum of participating in a statewide movement."

While the City of Grand Prairie plans to focus on youth-based activities, Dish Mayor William Merritt has partnered the city with a local fitness center to provide all residents with free access including community walking clubs, yoga classes and more. In Bay City, the Matagorda Wellness Council President Loy Sneary contacted Texas Round-Up after receiving results from a Texas Department of Health Community Wellness Index.

Several cities plan to host their own Texas Round-Up events including the Bay City Coastal Bike Migration and Georgetown's Cupid Chase 6K. Both events will be held on Feb. 10, 2007. The City of Houston will host the Rise and Shine 5K and Euless will host the Arbor Daze Fun Run, both to be held on April 28, 2007 along with the Texas Round-Up Statewide 10K-5K-Family Mile in Austin. On March 17, Onalaska will host the 5K Leprechaun Walk. Visit www.texasroundup.org for a complete list of Texas Round-Up affiliate cities, events and registration links.

In 2004, Governor Rick Perry launched the Texas Round-Up statewide fitness initiative and 10K race to motivate and encourage Texans to become more active and incorporate healthy choices into their daily lives. Today, the Texas Round-Up strives to improve the health of Texas through education and promotion of physical activity and healthy living.

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¹ <http://www.dshs.state.tx.us/wellness/PDF/cvdrep.pdf>