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NEWS RELEASE

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FOR IMMEDIATE RELEASE

GOVERNOR ENCOURAGES MISSISSIPPIANS TO JOIN SPORTS REPORTERS IN FITNESS CHALLENGE

Jackson, Miss. – January 21, 2002 – Today, Governor Ronnie Musgrove challenged Mississippians to join with Jackson area sports reporters who are seeing who can “Get Fitter Faster” in 2002. Area sports reporters including Rob Jeuit with WLBT, Rick Whitlow and Tony Bahou with WAPT, Brian Eubank and Russ Robinson with ESPN 930 radio, Doug Colson with Chuck and Doug in the Morning radio show and Kathy Lumpkin with the Clarion Ledger are all taking a ten-week sports challenge at Baptist Healthplex.

“Exercise and physical activity help us lead healthier and more productive lives,” Musgrove said. “These reporters are taking this challenge today, and I encourage all Mississippians to join with them in this effort.”

Each reporter has had a physical assessment, administered by Baptist Healthplex professionals where they measured each individual’s height, weight, body fat, flexibility and overall health. Personalized exercise programs will be given to each reporter to maximize their results, which will be used throughout the ten-week challenge.

At the end of the ten weeks, the reporter who has made the greatest fitness improvements will be declared the winner, and a contribution will be made in their name to the Mississippi Special Olympics.

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Heart Screenings Identifying Heart Risk – Add One

Mississippians are encouraged to join the reporters as they get fit. Suggested meal plans and exercise tips are available through the Baptist website at www.mbmc.org or through the governor's website at www.governor.state.ms.us.

The Baptist Healthplex has locations in downtown Jackson and in Clinton.