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CITY OF MUSCATINE PRESS RELEASE

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FUN FITNESS FRIDAY KICKS OFF HEALTHY COMPETITION

Muscatine businesses set to battle in “eat well, move more, feel better” challenge

MUSCATINE, Iowa – The City of Muscatine and nine other local businesses began a wellness challenge Friday (Jan. 15, 2021) and it is not too late for your business to join in the healthy fun.

Joining the City of Muscatine at this time are Crossroads, Kent Corporation, Muscatine Power and Water, Muscatine Community College, UnityPoint Health – Trinity Muscatine, United Way of Muscatine, Ruhl & Ruhl Realtors, Muscatine Community YMCA, and Senior Resources.

Employees at each business who sign up for the challenge receive a list of activities that they can accomplish to “eat well, move more, and feel better”. The activities are divided into the three categories of the challenge with challengers asked to complete nine of the 12 tasks in each category.

Part of the Healthy Hometown strategy, a successor to the Blue Zones Project, the wellness campaign highlights the need for healthy eating habits, increasing exercise levels, and participating in activities to help you feel better about yourself.

“As part of the challenge kickoff today we are asking that a photo of the employee, their department, or their friends being involved in a fitness activity,” Kelsie Stafford, Parks and



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Recreation Program Supervisor, said. "You can use the hashtag #workingwellmuscatine or just send the picture to me (kstafford@muscataineiowa.gov) or to our Communication Manager Kevin Jenson (kjenison@muscataineiowa.gov) and we will be happy to share them too."

Registration for the challenge remains open and all businesses are welcome to join this friendly competition.

"Anyone company or business that would like to participate can go to the Registration site and follow the instructions to register," Stephanie Romangoli, Human Resource Manager for the City of Muscatine, said.

Click [HERE](#) to access the registration site.

Among the activities in the **#workingwellmuscatine** wellness challenge "eating well" portion of the challenge is introducing a healthy food choice to your family or trying a new healthy option for yourself one time per week. You can check off an activity such as taking the stairs instead of the elevator in the "move more" challenge once or ditching the electronics for a day in the "feel better" challenge once you have completed the task.

The more tasks you complete, the better the chance your business will become known as the "Healthiest Business in Muscatine".

This wellness competition is especially important now with the restrictions that have in place due to the coronavirus, so come join in the fun, accept the challenge and remember to use the hashtag **#workingwellmuscatine** as you post about your challenge successes.

For more information, contact Stephanie Romangoli (sromangoli@muscataineiowa.gov) or call her at 563-264-1550.