



Greetings:

Congratulations and thank you for joining us on the journey to be a healthier you! It is important that we strive to be a healthier city together and I am excited about the opportunity to get more active, fit and healthy with you! Our health is truly our wealth and I look forward to walking side-by-side with you over these next 90-days and beyond to accomplish our health goals.

During this 90-day health initiative, which will run from March 30, 2019 to June 29, 2019, you will have the opportunity to workout with Mayor/Council up to three times a week, attend healthy movie nights, participate in cooking classes, enjoy cooking demonstrations with celebrity chefs, attend free aerobics and yoga classes, support the East Point Farmers Market and participate in several run/walks throughout the City. To showcase our health movement, please upload pictures of you at health events in the City on social media using the hashtag #TheHealthyPoint.

This Healthy Point Passport is designed to provide motivation and inspiration to help you rise above any obstacles on your health journey. As you track your health goals, and your participation in “The Healthy Point” (THP) activities, you will be steps closer to earning the following incentives/prizes:

- **Activity Tracker** – participate in one (1) THP activity per week for **6 weeks**
- **THP Signature Gym Bag** – participate in two (2) THP activities per week for **8 weeks**
- **THP Signature 36oz Yeti Bottle** – participate in three (3) THP activities per week for **10 weeks**
- **Healthy dinner and cooking demonstration with the Mayor, recognition at council meeting, \$200 gift card** – participate in three (3) THP activities per week for **12 weeks**

Please go to <https://www.eastpointcity.org/newsroom/the-healthy-point/calendar/> for initiative updates and the calendar of activities/events. We have many East Pointers with us on this health journey so know that you are not alone. Encourage others to join us on the journey to be a healthier, more active and connected community.

I will be with you every step of the way!

Deana Holiday Ingraham
Mayor