



CITY OF HOUSTON

Annise D. Parker

Mayor

P.O. Box 1562
Houston, Texas 77251-1562

Telephone – Dial 311
www.houstontx.gov

Dear Members of the Houston Community,

Please join me in participating in the Million Mile Month this April 2015. Million Mile Month™ is a challenge to Houstonians to collectively complete one million miles of physical activity in one month. Let's start preparing now to take a huge million mile step forward in the health of our great city.

Houston is a leader among the top U.S. cities for many success indicators. Unfortunately, when it comes to fitness and healthy lifestyles, we are often at or near the bottom of the rankings. We should not be satisfied that more than one third of us are overweight or obese. Likewise, we should not be satisfied with the extra costs this problem places on our community. We must make a change.

Million Mile Month is a big step in the right direction. Anyone can participate, regardless of age, fitness level or favorite activity (walking, running, biking, yoga and more is accepted). Now is the time to put this on your personal and work calendars. Now is the time to encourage your employee wellness/HR teams to get on board and start promoting the challenge in your upcoming newsletters and/or e-mails. Now is the time to get moving.

If you have questions about how your company or organization can participate, reach out to the Million Mile Month team at contact@millionmilemonth.org. More information is also available at www.millionmilemonth.org.

Blue Cross and Blue Shield of Texas, the Houston Astros and others deserve a huge thank you for sponsoring the Million Mile Month. I am participating and I look forward to fun challenges and healthy competitions among Houston companies and between the City of Houston departments. April is the month we commit to getting healthy!

Sincerely,

A handwritten signature in black ink that reads "Annise D. Parker".

Annise D. Parker
Mayor