



City of Austin

Steve Adler, Mayor

301 W. 2nd St., Austin, TX 78701
(512) 978-2100, Fax (512) 978-2120
steve.adler@austintexas.gov

Dear Friends,

Please join me in participating in the **Million Mile Month** challenge this April. Million Mile Month™ is a challenge to our community to complete one million miles of physical activity in April 2015. Together we can unite all of Austin in this goal, and take a million mile step forward in the health of our great city.

Austin often ranks at the top of communities who are committed to fitness and healthy lifestyles. However, we should not be satisfied when 58% of adults in Travis County are considered overweight or obese. The monetary cost of obesity and heart disease to individuals and our community is astronomical. Even more concerning is what these chronic conditions can do to individual life spans and quality of life. 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 many other activities all count toward our Million Mile goal. 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 Million Mile Month in your upcoming newsletters and e-mails.

Participation is simple, just check out the Million Mile Month website:
www.millionmilemonth.org.

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

I am participating along with many of our wonderful City of Austin employees. We look forward to fun challenges and healthy competitions among Austin companies and government agencies. Let's encourage all Austin area community members and companies to join us on the road to better health.

Sincerely,


Steve Adler