

GUEST COLUMN
For the Thursday, April 27, 2017 Edition
From: Mayor James E. “Jamie” Mayo

Own Your Own Health Competition was a Fun and Motivating Challenge

Back in January, we announced that the City of Monroe would be participating in the Own Your Own Health – City vs City Challenge. This statewide health initiative is sponsored by the Governor’s Council on Physical Fitness and Sports. You can learn more about the program by visiting their official website: www.oyohla.com Promoting Healthy Lifestyles is #49 on my 60 for 60 Project List. So, this competition was something perfect for our employees.

There were five different City vs City challenges taking place between January 23rd and April 23rd. In the competition, each city signed up individual employees and private citizens on their team. The goal was simple – the city whose team members averaged the highest number of steps per day would win. The City of Monroe was pitted against our friends in the City of Alexandria. The competition ended at midnight on Sunday, April 23rd, and the City of Monroe won our competition.

Final figures show that our team averaged over 1.4 million steps per day. That is equal to roughly 670 miles per day. We will formally recognize our overall team leaders and city department vs department team winners in the very near future. However, I want to commend our city Human Resources division, various team captains, and all of our team members for their hard work. Many were inspired to begin their journey toward physical fitness. Others set the pace and showed us how it should be done. We had a lot of fun and look forward to the next competition!

By working together, we brought home 1st place! Monroe is one city, with one future!