

GUEST COLUMN  
For the Thursday, June 1, 2017 Edition  
From: Mayor James E. "Jamie" Mayo

## **Stepping in the Right Direction toward More Healthy Lifestyles**

The City of Monroe was one of many municipalities that competed in the *2017 Own Your Own Health City vs. City Challenge*. Each participating municipality recruited a team of employees and residents to participate in the competition which calculated the average number of daily steps taken by the final roster of top steppers for each team. In addition to walking or jogging, minutes of other physical activities such as yardwork, weightlifting, Zumba, yoga, housework and more was calculated into steps. The competition began January 23<sup>rd</sup> and ended on April 23<sup>rd</sup> of this year.

Monroe competed against the City of Alexandria, LA. The final figures showed the City of Monroe team with 1,442,639 average daily steps compared to the City of Alexandria's team average of 897,285 daily steps. Rudy Macklin, Executive Director of the Louisiana Governor's Council on Physical Fitness and Sports, at the behest of the Louisiana Department of Health and Hospitals, presented an award to Mayor Jamie Mayo and the City of Monroe for winning the *2017 Own Your Own Health Steps Challenge* in the City vs. City competition between Monroe and the City of Alexandria.

We are so proud of our entire team for their daily commitment, and competitive spirit. Supporting Healthy Lifestyles is #49 on my 60 for 60 Project List. So, we were very happy to receive the offer to participate in this statewide physical fitness effort. We look forward to participating in next year's competition and similar initiatives.

In addition, the City of Monroe presented special awards to:

**Top 3 City of Monroe internal Department vs. Department Team Competition:** (1) Fire Department with 1,033,663 average steps; (2) City Marshal's Office with 1,014,204 average steps; and, (3) Engineering Department with 933,644 average steps.

**Top 3 Overall City of Monroe Individual Steppers:** (1) Tammy Washington with 2,614,195 total steps; (2) Toriano Young with 2,445,391 total steps; and, (3) Colleen McCrary with 2,210,604 total steps.