MEDIA RELEASE

OFFICE OF COUNTY MAYOR GLENN JACOBS

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FOR IMMEDIATE RELEASE: April 13, 2020

Mayor Jacobs Issues Wellness Challenge

Knoxville, Tennessee — Knox County Mayor Glenn Jacobs will complete a health- or fitness-related task each day at 11 a.m. between today, Monday, April 13 and Friday, April 17, and encourage the community to join him. From mindful meditation to planks and pushups, each of the activities performed will promote movement and mental health.

Recently, data scientists from Achievement—a mobile phone application created by Evidation Health, Inc. that tracks the health actions of users and enables them to contribute to health research—indicated the population may be doing the opposite. In fact, survey responses showed that physical activity is down 39% nationwide since March 1 and that all 50 states and the District of Columbia experienced a negative change in physical activity.

The current pandemic has also required more people than ever to work remotely. For those accustomed to the conventional office environment and consistent social interaction, working from home can lead to increased feelings of isolation and loneliness, both of which can become chronic if not properly recognized and addressed. Consistent physical activity can play a key role in helping regulate these feelings.

In recognition of Physical Wellness Month and Stress Awareness Month—both of which are celebrated in April—and in response to the recent launch of the internationally recognized #BeActive campaign, Mayor Jacobs today will issue a community invitation to increase physical activity and improve personal health and wellbeing.

His office will post reminders using #BeActiveKnox on Twitter each morning before he begins.

Regular activity benefits both the mind and body, supports healthy growth and can build social relationships. Physical activity guidelines recommend 30 minutes of physical activity a day for adults—60 minutes for children—at least five days a week, though consultation with a physician is recommended to determine individual needs based on ability.

“Physical activity is an essential component of a healthy lifestyle,” said Mayor Jacobs. “I have been vocal about the concerns I have for the state of mental health during this period of physical isolation. COVID-19 is something to pay attention to, for sure, but it isn’t the only health problem we are facing at this time.”

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