



Welcome to NashVitality News! Every month we bring you healthy, active and green events and resources making Nashville a great place to live, learn, work, play & worshi

## New Mayor's Challenge Announced



In December 2013, the winners of the Mayor's Neighborhood Challenge were announced. In case you missed it, Hip Donelson earned the most points in the Green challenge; Elm Hill Acres Neighborhood Association won in the Healthy challenge; and, Fairlane Park Neighborhood Association triumphed in the Involved challenge for

promoting volunteerism.

This year's Mayor's Workplace Challenge is nearing its end. The Involved Workplace Challenge encourages organizations to take an active role in promoting volunteer service inside and outside the workplace. The Green Workplace Challenge encourages organizations to reduce the environmental impacts of their operations and buildings by engaging property owners, managers, and office tenants. Finally, The Healthy Workplace Challenge encourages organizations to foster an environment that promotes a more active and healthy workplace. Deadline to submit healthy, green and involved scorecards is March 1, 2014.

[Click here](#) to learn more about this year's Mayor's Workplace Challenge

## News & Events

The Metropolitan Board of Health passed a resolution earlier this month commending CVS Caremark for their decision to stop selling tobacco products in their stores. That amounts to a substantial sum for CVS Caremark - a loss of \$1.5 billion in tobacco sales.

Smoking is the No. 1 cause of death in the U.S., killing 443,000 Americans each year, according to a Surgeon General's report released last month.

[Click here](#) for more information about Snuffing out Tobacco in Pharmacies

[Michelle Obama visited the New Tonight Show with Jimmy Fallon](#) last week to discuss how totally not 'ew' exercise and a healthy diet are.

Science supports the first lady's assertion that exercise can and should be fun. [Choice and volunteer participation](#) are two keys to integrating physical activity into your life.

## Campaign Aims to Bring Tap (Water) Back

The Bringing Tap Back Project encourages Tennesseans to drink water instead of sugar-sweetened beverages in order to fight Tennessee's obesity and diabetes epidemic.

With a grant from the TN Department of Health, the Tennessee Clean Water Network (TCWN) is helping Tennesseans make healthy choices in cities across the state. TCWN is improving access to safe, healthy, and free public drinking water while launching targeted educational campaigns to promote drinking water instead of sugar-sweetened beverages.

[Click here](#) to take TCWN's short survey

[Click here](#) for more information on Bringing Tap Back



Join the Council on Aging, from 8:30 AM until 10 AM, Thursday, February 27 at [West End United Methodist Church](#) for an informational meeting, *Empowering Grandparents: Assisting Grandparents Raising Grandchildren*. [Click here](#) to RSVP or call (615) 353-4235 for more information.

Join the Meharry-Vanderbilt Community Engaged Research Core, from 8:30 AM until 10 AM, March 7 at [Hadley Park Community Center](#), for a presentation on Community Engagement & Clinical Trial Success: African American Women Outreach and Pre-Diabetic Outcomes. [Click here](#) for more information or to RSVP.