



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 & worship.

Mayor Announces 5K Race

Join Mayor Karl Dean for the 4th annual Mayor's Challenge 5K, a free 3.1 mile walk/run in Downtown Nashville, on Sunday, November 9! All activities begin at Public Square Park outside the Metro Courthouse. Activities begin at 12 PM. The Kids' Fun Run will start at 2 PM and the 5K begins at 2:15 PM. Participation is completely free, and individuals of all ages and fitness levels are encouraged to join. The Kids' Fun Run is for children aged 12 and under.



[Click here](#) to register

The Mayor's Challenge 5K Walk/Run also includes a free, six-week beginner and intermediate training program from September 29 through November 7, and an online training program for walkers and runners of all levels. The Metro Parks' trainings will take place at six regional recreation centers and the Centennial Sportsplex. Each training includes two run workouts per week, which will be spread out to allow for cross-training and recovery time.

[Click here](#) to sign-up for the Parks training program and/or the online

News & Events

As reported in the *Tennessean* on September 4, Metro Nashville Public Schools (MNPS) has promised more recess time for elementary schools. The average time allotted for free play, or recess, has been 15 minutes. This move will expand recess to 20 minutes, which is the recommended minimum recess time by the National Association of Sports and Physical Education. While MNPS is encouraging principals to extend recess time, there are no plans to institute a policy. Currently, there are 11 MNPS schools that leave recess to the teacher's discretion.

[Click here](#) to read the full *Tennessean* article

Check out the Celebrate

training program

Metro Adds Domestic Violence Services



Click image for larger view

victims end up standing in hallways or seated in the courtrooms. The Advocacy Center will provide assistance to victims as they navigate their way through the criminal and civil court systems. While there, victims will meet with advocates trained to conduct needs and lethality assessments.

“Starting a specialized Domestic Violence Court and opening an Advocacy Center are significant steps forward to increase both the safety of domestic violence victims and accountability of offenders,” Mayor Dean said. “We know there is more work to be done, but I am proud of the aggressive steps Metro has already taken to better protect victims and their children and help them navigate the court systems.”

The 2014-15 fiscal year budget funds 10 new full-time positions and six part-time positions across various Metro departments to enhance the city's response to domestic violence.

[Click here](#) for more information on domestic violence support in Nashville and [here](#) for more information about the new services offered by Metro

Nashville Cultural Festival from 10 AM until 6 PM, Saturday, October 4 at Centennial Park. This event features live performances, a world market, activities for kids and teens and more.

[Click here](#) for more information

Join Alignment Nashville on National Child's Health Day, October 6, at [Lentz Public Health Center, 2500 Charlotte Avenue](#), from 8 AM until 11:30 AM for the Children's Health Impact Summit (CHIS). The purpose of the CHIS is to evaluate and strategize around seven educationally-relevant health inequities that impact students' ability to achieve.

These are: Vision; Asthma; Teen Pregnancy; Aggression and Violence; Physical Activity; Breakfast; and, Inattention and Hyperactivity.

[Click here](#) for more information or to register for the CHIS

AAP Recommends More Sleep for Teens

On August 25th, the American Academy of Pediatrics announced a policy statement recommending the delay of school start time for middle school and high school students until 8:30 AM. "Doing so will align school schedules to the biological sleep rhythms of adolescents, whose sleep-wake cycles begin to shift up to two hours later at the start of puberty. Studies show that adolescents who don't get enough sleep often suffer physical and mental health problems, an increased risk of automobile accidents and a decline in academic performance."

"Chronic sleep loss in children and adolescents is one of the most common – and easily fixable – public health issues in the U.S. today," said pediatrician Judith Owens, MD, FAAP, lead author of the policy statement, "School Start Times for Adolescents," published in the September 2014 issue of Pediatrics.

[Click here](#) for more information