



Sponsored in Kentucky by



For Immediate Release

Contact: Lisa Edwards
(859) 268-9129 | ledwards@diabetes.org

American Diabetes Association Celebrates National Get Fit Don't Sit Day

Lexington, KY (April 24, 2017) — The American Diabetes Association is urging Kentuckians to participate in Get Fit Don't Sit Day on Wednesday, May 3 to increase awareness of the importance of getting up and moving throughout the day. The American Diabetes Association recommends breaking up sitting time with three or more minutes of light physical activity—such as walking, leg extensions or overhead arm stretches—every 30 minutes. The Association and Passport Health Plan, our Kentucky Get Fit Don't Sit sponsor, are committed to ignite an important conversation about being physically active at work and at home.

“On average, people spend five hours and 41 minutes of their workday sitting down,” said Lisa Bellafato, Health Educator at Passport Health Plan. “Research shows that sitting for long periods of time increases the risks for many health problems, so it's important that people get up and move during the day. Passport Health Plan is proud to be working with the ADA to sponsor Get Fit Don't Sit Day across the Commonwealth. This national event is the perfect way for us to encourage all of our members, as well as all of our associates and all Kentuckians, to get moving and live healthier lives.”

Our free, Get Fit Don't Sit resources include a welcome guide, ways to become more active, desk moves to help get you moving and much more.

“Since our founding more than 75 years ago, the Association has promoted the importance of healthy lifestyle choices as a way to manage all types of diabetes and to prevent or delay type 2 diabetes,” said Lisa Edwards, Director of American Diabetes Association Kentucky. “Through National Get Fit Don't Sit Day, we call on all Kentuckians to embrace this day of wellness and share the message to expand our reach.”

Press Release

National Get Fit Don't Sit Day is part of Wellness Lives HereSM, an American Diabetes Association initiative designed to inspire and fuel our nation's healthful habits at work and beyond. To learn more, about Get Fit Don't Sit, go to diabetes.org/getfitky or call our statewide office at 859-268-9129.

About the American Diabetes Association

The American Diabetes Association is leading the fight to Stop Diabetes® and its deadly consequences and fighting for those affected by diabetes. The Association funds research to prevent, cure and manage diabetes; delivers services to hundreds of communities; provides objective and credible information; and gives voice to those denied their rights because of diabetes. Founded in 1940, the Association's mission is to prevent and cure diabetes, and to improve the lives of all people affected by diabetes. For more information, please call the American Diabetes Association at 1-800-DIABETES (1-800-342-2383) or visit diabetes.org. Information from both of these sources is available in [English](#) and [Spanish](#). Find us on Facebook ([American Diabetes Association](#)), Twitter ([@AmDiabetesAssn](#)) and Instagram ([@AmDiabetesAssn](#)).

About Passport Health Plan

[Passport Health Plan](#) is a provider-sponsored, non-profit, community-based health plan administering Medicaid benefits to nearly 300,000 Kentuckians. Named the top Medicaid plan in Kentucky by the National Committee for Quality Assurance (NCQA) for 2015-16 and 2016-17, Passport has been contracted with the Commonwealth of Kentucky to administer Medicaid benefits since 1997. For more information, please visit passporthealthplan.com or call toll-free (800) 578-0603. Passport also operates a Medicare Advantage program, called "Passport Advantage," for residents of Jefferson, Bullitt, Hardin, and Nelson counties who are eligible for both Medicaid and Medicare. For more information, go online to passportadvantage.com or call toll-free (844) 859-6152.

Sponsored in Kentucky by
PASSPORT
HEALTH ★ PLAN 