



MAKING TYLER A FIT CITY ONE STEP, ONE BITE AND ONE HEALTH-CONSCIOUS DECISION AT A TIME.

## Steering Committee

**George Roberts, co-chair**  
Northeast Texas Public Health District

**Dave Berry, co-chair**  
Tyler Morning Telegraph, Retired

**Jamie Moore**  
Trinity Mother Frances

**Kim Bush**  
UT Health Science Center at Tyler

**Jami Rogers**  
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**Stephanie Taylor**  
Alzheimer's Alliance of Smith County

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East Texas Minority  
Health and Wellness Coalition

**Allison Pollan**  
UT Health East Texas

**Dr. Valerie Smith**  
St. Paul Children's Clinic

**Thomas Alford**  
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**Amy Pawlak**  
Tyler Independent School District

**Rose Ray**  
City of Tyler

**Casey Murphy**  
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**Heath Stoner**  
Tyler Junior College

**Nancy Rangel**  
Hispanic Business Alliance

**John Ragland**  
Tyler Police Department

**Terrence Ates**  
Northeast Texas Public Health District

Your boats are overloaded, and the strenuous rowing is yet to come. But I am happy that you are at the helm. And your focus needs to be on this nasty virus.

**Every single one of you, as leaders within your health, education, government, community organizations, and in your extended families, are scrambling right now.** Your full attention needs to be on the populations that depend on you for guidance.

Now is not the time for anyone in our weight loss challenge to be worrying about trimming pounds - about getting to the gym, walking at the mall, or focusing on diets.

Your **focus right now should be to maintain your health ... not on weight loss.** After COVID-19 has past, we will restart or continue the weight loss efforts.

**The Steering Committee of Fit City Tyler has unanimously agreed to indefinitely postpone our Lighten Up East Texas challenge.**

**We encourage everyone to stay in touch, communicate online, talk by phone, etc.** (the "social distancing" period can be called physical distancing while maintaining social connections). **Look after families, team members, co-workers,** and maintain networks.

**Our May 14 Celebration Event** will also be postponed. In addition to celebrating 10 years of Fit City, we **may also want to celebrate "getting through this."**

**We are also extending the dates for entering the "Fit For Life" Youth Art Contest.** The entry form is still available for download at FitCityTyler.com, and we even encourage students to draw an activity about "**pushing back against the coronavirus,**" social distancing, washing hands, being considerate of more vulnerable populations, etc.

**Entry dates for companies to enter the Healthiest Workplaces Awards** are also postponed **but our Steering Committee** wants to encourage **companies to actively combat COVID-19 in their workplaces** by allowing exercising flexibility with "work from home, social distancing in the office, extra sanitation precautions, paid sick leave, etc." It would be great to recognize that sacrifice by making it part of this year's awards.

The FitCityTyler.com website has a hyperlink to the COVID-19 educational website hosted by NET Health, which includes reliable sources and local testing options.

Become involved with **Fit City Tyler** and support our East Texas communities to defeat COVID-19 by visiting our website - FitCityTyler.com

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