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FOR IMMEDIATE RELEASE
Sept. 19, 2014

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Mayor Fulop and Jersey City Featured in U.S. Department of Health & Human Services “Let’s Move!” Newsletter; Newport Half Marathon to Take Place Sunday & Mayor Fulop to Compete in Half Ironman 70.3

JERSEY CITY – Mayor Steven M. Fulop and the City of Jersey City are featured in the first installment of the U.S. Department of Health and Human Services Region II *Let’s Move!* newsletter for the City’s continued growth as a *Let’s Move!* city.

Jersey City is two medals away from reaching a number one ranking and was cited for its outreach to more than 100 childcare centers to incorporate the *Let’s Move!* agenda.

Let’s Move! is a comprehensive health initiative started by First Lady Michelle Obama to address the issue of childhood obesity. Region II of the U.S. Department of Health and Human Services includes New Jersey, New York, Puerto Rico and the U.S. Virgin Islands.

“We are pleased to be the first municipality featured in the Region II Health & Human Services *Let’s Move!* newsletter,” said **Mayor Fulop**. “We are working hard in Jersey City to both raise awareness about how to live healthy lives while also providing opportunities for our residents to eat healthy and get active. *Let’s Move!* is a great initiative to educate our youngsters so they develop healthy habits that will last a lifetime.”

Residents across the city are getting fit either through private health programs or the City’s growing recreational offerings for youth and adults such as a fitness boot camp, zumba and yoga. For others who prefer working out solo, there are great running and walking locations either at the tracks in Pershing Field or Lincoln Park, along the Waterfront Walkway, or throughout the City’s park system.

Our youngsters have a variety of recreational programs including traditional sports such as soccer, football and swimming, as well as new additions such as scuba, cricket and boxing.

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This weekend, hundreds of Jersey City residents and other avid runners will participate in the Newport Half Marathon, kicking off at 8:30 a.m. on Sunday, Sept. 21, 2014 at 100 Town Square Place. The race course travels through downtown to Liberty State Park and back to Newport.

Jersey City was recently ranked the second best up and coming fitness city in the nation by *Women's Health Magazine* as part of their "20 Best Up-and Coming Cities for Every Social Scene" report. Jersey City was also recently featured as the site for Dr. Oz's Heart Health Clinic as this year's season opener.

On Sunday, Mayor Fulop will also compete in the Half Ironman 70.3 in Princeton, which is comprised of a 1.2-mile (1.9 km) swim, a 56-mile (90 km) bike ride, and a 13.1-mile (21.1 km) run.

All media inquiries should be directed to Jennifer Morrill, Press Secretary to Mayor Steven M. Fulop at (201) 547-4836 or (201) 376-0699.////