

Spring Training

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and Spring Training Coordinator

It's time to start getting ready for the **Third Annual Spring Training Program!** Mark your calendars for April 23, 2005. This year the FREE health fair will be at the Forum from 9 a.m. - 2 p.m.

For the past two years a baseball theme has been used to motivate individuals and groups to perform daily health promotion behaviors. It ends with a comprehensive regional health fair. The Spring Training project was launched in 2002, when the minor league Braves moved to town.

The Spring Training Health Fair EXPO brings together over 40 agencies to offer important health screenings to the citizens of Northwest Georgia at NO cost. A partial listing of the screenings offered will include, height weight and blood pressure evaluation, bone density screening, glucose and lipid evaluations, screening for kidney disease, stroke, scoliosis, and more!

As everyone knows, athletes begin Spring Training prior to their athletic events. Before the health fair, we want YOU to start preparing. Pick up your own personal scorecard at the forum on March 16, 2005,

and begin doing daily activities to improve your health. Young or old, fit or fat, everyone can do SOMETHING each day to improve their health.

Scorecards with a four-sided baseball diamond will again be utilized as a tracking system for recording daily runs earned through health behaviors. The scorecard will provide a list of "batting strategies" to help you earn runs each day. For example, runs can be earned by walking ten minutes each day, installing a fire alarm, or eating a fruit or vegetable snack.

Another way to join Spring Training is to form a team with nine other players and do the health activities together for FOUR weeks. Teams completing the four-week health promotion program will be eligible for a \$1,000 prize drawing. A team captain training will be held March 16, 2005 at noon at the Forum. Eligibility rules, a team captain handbook and scorecards for all team members will be provided at the training session.

Georgia is number one in the nation for obesity and sedentary lifestyles. This translates into billions of dollars spent for heart disease, diabetes, osteoporosis, and cancer. We can all work together to prevent diseases with good lifestyle habits, access to screenings, adequate knowledge and resources. We can also have a GOOD TIME DOING IT!

Call Sharon at 234-8483 or e-mail baker8483@comcast.net for further information. ■

Farewell to Robin Borders

Robin Borders, the Chamber's Executive Assistant, recently accepted a position with the *Floyd County Schools*. "Robin has been an excellent employee who has served us well in many areas including Leadership Rome, High School Leadership Rome, Governmental Affairs, Education, and my assistant. We wish her great success," said **Al Hodge**, President and CEO of the *Greater Rome Chamber of Commerce*. ■

NEW BENEFIT FOR CHAMBER MEMBERS

The Greater Rome Chamber of Commerce is proud to announce a new benefit for Chamber members – a Member-to-Member Discount Page on www.rome.com.

A new button has been added to the Chamber's home page that will allow members to update their information, post coupons and redeem other member's coupons. It is our hope that all members will take advantage of this new benefit and will receive more business from other members.

The process is simple. Log on to www.rome.com and click on the "Members Only" button located at the bottom left side of the home page. You will be prompted for a user name and password which is your Chamber member number and the last four digits of your business phone number. Once you are logged on, the website will prompt you for all of the information that you wish to access.

If you need assistance with obtaining your user name and password, please contact the Chamber to get them. ■

