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**Champaign-Urbana Public Health District**

**FOR IMMEDIATE RELEASE**  
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## **CUPHD Provides Tools And Support For “New Year...New YOU” Resolutions**

*Champaign-Urbana Public Health District Creates New Program to Give  
Champaign County Families the Skills to Succeed in 2009.*

Champaign, IL – The Champaign-Urbana Public Health District (CUPHD) has created a new innovative program to help Champaign County families keep their New Year’s resolutions and successfully meet many of their goals. The new “Total FITNESS (Family Improvement Through Nutrition, Education & Skill Support)” is a fun-filled five session workshop dedicated to providing information and hands-on training in healthy eating and active living for families.

CUPHD will be holding the first five week session starting Tuesday, January 13, 2009 in the new “CUPHD Teaching Kitchen” at 201 West Kenyon Road in Champaign. Sessions will be from 6:00pm – 7:30pm and are scheduled for January 13, 20, 27 and February 3 & 10. The cost for this workshop is \$20, and participants that complete at least four out of five sessions will receive a \$10 gift card. Those interested in participating in the first workshop beginning on January 13 or any future workshops are required to call 217.531.2914 to register.

Through “Total FITNESS” participants will discover:

- Basic Nutrition Information
- Nutritious Meal Planning
- Cost-Effective Shopping
- Farmer’s Markets & Community Gardens for Lower Cost Fruits & Vegetables
- Healthy Cooking
- Goal Setting
- Exercise & Food Tracking
- MUCH MORE!

“Many people make New Year’s resolutions, but are unable to keep them more than a few weeks,” said Nikki Hillier, Program Coordinator for CUPHD, “The goal of Total FITNESS is to provide the tools and support necessary for participants to not only keep resolutions, but to successfully set and meet future goals as well as a team. Many times families want to make changes together, but do not know how to include children in the kitchen or how to engage them in active fun. We hope to help them with that.”

For more information about Total FITNESS workshops at CUPHD, or any other CUPHD programs and services, please call 217-352-7961 or visit CUPHD on the web at [www.cuphd.org](http://www.cuphd.org).

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