



ANDERSON COUNTY
HEALTH DEPARTMENT

1180 Glensboro Road
Lawrenceburg, Kentucky 40342
Phone: (502) 839-4551
www.achdonline.org

TIMOTHY E. WRIGHT, R.S.
Interim Public Health Director

HAROLD TODD, CPA
Board Chairman

April 24, 2012

Dear Community Member,

Are you aware Kentucky's burden of disease is among the highest in the nation? According to the Cabinet for Health and Family Services, cardiovascular disease is the leading cause of death in Kentucky and ranks 25th in the nation for stroke mortality. Thirty-six percent of Kentucky adults have high blood pressure, 42% of adults report high cholesterol levels, 32% of adults are obese and 30% of adults are inactive. Being overweight or obese substantially increase one's risk of developing many chronic diseases. In fact, an estimated 400,000 deaths per year in the United States are caused by excessive weight.

In an effort to increase physical activity among adults and youth in our county, the Anderson County Health Department sponsors a program called "The Longest Day of Play" (LDOP). Last year's event was a great success. Over 30 businesses and organizations provided a wide variety of fun activities for all age groups to encourage the incorporation of physical activity in their daily routines. We hope to make this year's event even better!

I would like to invite you to become a participating organization for the 2012 Longest Day of Play. Please join us so we can make the 2012 LDOP a showcase of the tremendous and varied opportunities to engage in physical activity that are available to the residents here in Anderson County.

4th Annual Longest Day of Play
Thursday, June 21, 2012
5:30pm to 7:30pm
American Legion Park

If you have any questions you may contact me at april.thomas@ky.gov or (502) 839-4551 extension 1110. Hope to see you there!

Sincerely,

April Thomas, MPH
Health Educator

attachments

Longest Day of Play 2012 Physical Activity Request

Organization Name (if any): _____

Contact Person: _____

Phone Number: _____

E-mail: _____

Address: _____

Type of Physical Activity: _____

Level of Physical Activity: *Easy* *Moderate* *Advanced*
(please circle all that apply)

Any Special Needs (asphalt, flat ground, electricity, water, specific space/size): _____

**You must provide your own table, chairs, extension cords, etc.*

Event Time is 5:30-7:30pm: If you are unable to attend for the whole event please indicate what times you would be available: _____

Would you be willing to donate a door prize? *Yes* *Unable to at this time*
(please circle answer)

Physical Activities that your organization usually offers (if any): _____

Please return by Friday, June 1st!

MAIL: April Thomas, MPH Health Educator

Anderson County Health Department

1180 Glensboro Road

Lawrenceburg, KY 40342

PHONE: 502-839-4551 ext. 1110

FAX: 502-839-8099

EMAIL: april.thomas@ky.gov

Longest Day of Play 2012

Donation Information

In an effort to increase physical activity among adults and youth in our county, the Anderson County Health Department sponsors a program called "The Longest Day of Play" (LDOP). Last year's event was a great success. Over 30 businesses and organizations provided a wide variety of fun activities for all age groups to encourage the incorporation of physical activity in their daily routines. We hope to make this year's event even better!

I would like to invite you to become a sponsoring organization for the 2012 Longest Day of Play. Your organization name will be placed on the back of t-shirts that will be given out to volunteers and others. Monetary donations or door prizes are greatly appreciated!! Thank you for helping to make the 2012 LDOP a showcase of the tremendous and varied opportunities to engage in physical activity that are available to the residents here in Anderson County.

4th Annual Longest Day of Play
Thursday, June 21, 2012
5:30pm to 7:30pm
American Legion Park

Organization Name (if any): _____

Contact Person: _____

Phone Number: _____

E-mail: _____

Address: _____

Type of Donation (monetary/door prize): _____

*Door prizes should be brought to the American Legion Park by 5:30pm on the day of the event. However, if you will not be participating on the day of the event, please call April to pick up your door prize, or you may drop it off at the health department by Wednesday, June 20.

Please return by Friday, June 1st!

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Anderson County Health Department
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Physical Activity/Demonstration Ideas:

Aerobics / Pilates / Tae-bo / Yoga
Agility Web (obstacle course with bungee cords)
Archery
Badminton
Baseball/Fast Pitch
Basketball Toss
Bicycling/Bike Safety
Bigwheel Race or Bike Race/Rodeo
Bowling
Calisthenics (jumping jacks, push ups, sit ups, etc)
Catch
Chair Volleyball
Climbing Wall
Corn Hole
Croquet
Dancing (electric slide, square dancing, ballet, tap, jazz, ballroom, stepping, etc)
DDR (Dance Dance Revolution)
Dodge Ball
Duck Duck Goose
Dunking Booth
Exercise Equipment/Free Weights/Mini Trampolines
Foot Race
Football Toss
Frisbee Toss
Gymnastics/Tumbling
Hacky Sack
Hop Scotch
Horse Shoes
Horseback Riding
Hula Hoops
Inflatables
Jazzercise
Jump Ropes
Karate/Martial Arts
Kick Ball
Kick the Can
Kickboxing
Kite Flying
Leapfrog
Mini Golf
Obstacle Course
Ping Pong
Ring Toss
Running
Sack Race
Scooter Race
Skating (roller skating, roller blading, skate boarding)
Slip-n-Slide
Soccer
Sprinkler
Tag/Freeze Tag
T-Ball
Tennis
Tetherball
Twister
Wading Pool
Water Balloon Toss
Wii Sports



2012

Longest
Day of Play

Save the Date!!

**June 21, 2012
5:30pm - 7:30pm
American Legion Park**



Longest Day of Play

Free Fun for Everyone!

For more information:
www.achdonline.org
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