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PINELLAS COUNTY HEALTH DEPARTMENT

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**FOR IMMEDIATE RELEASE**

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***It's Your Time: Get Inspired. Get Healthy.***  
**National Women's Health Week is May 11-17**

The ninth annual **National Women's Health Week** begins on Mother's Day, May 11, 2008, and empowers women across the country to get healthy by *taking action*. This project encourages women to make their health a top priority and take simple steps for longer, healthier and happier lives. Women can take steps to improve their physical and mental health and prevent disease, such as:

- Engaging in physical activity most days of the week,
- Making healthy food choices,
- Visiting a health provider to receive regular check-ups and preventive screenings, and
- Avoiding risky behaviors, such as smoking and not wearing a seatbelt.

**National Women's Check-Up Day** takes place on Monday, May 12. It is a nationwide effort to:

- Encourage women to visit health professionals to receive or schedule a check-up.
- Promote regular check-ups as vital to early detection of heart disease, diabetes, cancer, mental health illnesses, sexually transmitted diseases and other conditions.
- Encourage screening tests, such as mammograms and Pap tests. These tests can often find diseases early, when they are easier to treat. Some women need certain screening tests earlier, or more often, than others do.

If women and their health providers catch the warning signs early enough, many of the leading causes of death among women can be prevented or successfully treated. Contact your health provider to schedule check-ups and screening services on National Women's Check-Up Day. During your check-ups, discuss risk factors and which tests are right for you, when you should have them and how often.

Women's Health Week offers you an opportunity to get active and join thousands of women across the U.S. by embarking on an eight-week physical activity challenge for better health. Take part in the **WOMAN Challenge: Women and girls Out Moving Across the Nation**.

The free eight-week WOMAN Challenge encourages women and girls to set and achieve personal physical activity goals, appropriate for their lifestyles. The WOMAN Challenge begins on Mother's Day and ends on July 5, 2008. All women and girls (age nine and above) can participate. Participants will receive a tracking log (while supplies last) to record their progress throughout the eight weeks. Participants will also receive weekly motivational e-mails and health tips to help them reach their goals. Women can choose to travel one of six different "virtual" routes across America. To register online, visit <http://www.womenshealth.gov/woman/index.cfm>

**For more information** about women's health, National Women's Health Week or the WOMAN Challenge please visit [www.womenshealth.gov](http://www.womenshealth.gov) or call (800)-994-9662 – (TTY: (888) 220-5446).

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