

FOR IMMEDIATE RELEASE

Contact: [Insert contact name, phone and e-mail]

[Insert date]

**[INSERT ORGANIZATION]
PROMOTES THE WOMAN ACTIVITY TRACKER**

[Insert city] – [Insert your organization] is joining the U.S. Department of Health and Human Services’ Office on Women’s Health in promoting the WOMAN Activity Tracker. On [insert date, insert organization] will hold a [insert event or activity i.e. a health fair, free screenings, etc] where women in the community will be able to [insert details about what your event is offering].

The WOMAN Activity Tracker is a free 44-week physical activity challenge, encouraging women and girls to set and achieve personal physical activity goals, appropriate for their lifestyles.

[Insert 2-3 sentences about your organization’s event and how it is supporting the WOMAN Activity Tracker]

[Include a quote by spokesperson from your organization, or a local government official].

The WOMAN Activity Tracker begins on July 6, 2008. For more information about the WOMAN Activity Tracker, please visit <http://www.womenshealth.gov/activity>. To learn more about [insert event name], please visit [insert your web site].

[Organization Boilerplate]

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