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## News Release



### Board of Supervisors endorse Vision2BActive initiative

The Board of Supervisors today endorsed Vision2BActive, a new campaign designed to encourage physical activity with the goal of improving health and wellness in San Bernardino County.

Only 23 percent of San Bernardino County adults and 34 percent of our youth get the recommended amount of physical activity, according to the most recent data from the California Health Interview Survey. In its 2008 issuance of “Physical Activity Guidelines for Americans,” the U.S. Department of Health and Human Services recommended adults get 150 minutes a week of physical activity and children ages 5 to 17 were encouraged to move at least 60 minutes a day.

“We know that a healthy community means a prosperous community and that’s why we support Vision2BActive,” said James Ramos, chairman of the Board of Supervisors. “I encourage residents to make the time to be physically active and take advantage of opportunities to play in the county’s parks, lakes, deserts and mountains. Let’s welcome 2017 with a New Year’s Resolution to get healthy.”

Health has a direct and profound impact on the quality of life of the county. Vision2BActive supports the public’s Vision for a “complete community”, especially the jobs and the economy, education, wellness and public safety elements of the community. It is a public campaign of the community-driven Community Vital Signs effort, which has completed an in-depth analysis of the current health of the county, developed evidence-based goals and priorities, and gathered resources to assist organizations and agencies in the county to develop or enhance programs and policies to better meet the health and wellness needs of residents.

Regular physical activity can produce a variety of long-term benefits for San Bernardino County residents regardless of their age, background or abilities. Physical activity is fun and includes the easiest movement such as walking or throwing a ball around to the most challenging exercise like running or mountain biking. Throughout the campaign, [Vision2BActive.com](http://Vision2BActive.com) will serve as a resource and provide residents with information about physical activity events, fitness tips and a GIS map featuring places to be active in the county.

The San Bernardino Associated Governments (SANBAG) Board of Directors will be asked to endorse Vision2BActive at its Jan. 4 meeting.

On Jan. 7, all San Bernardino County residents are encouraged to get their New Year's Resolutions started and participate in the Vision2BActive Challenge. Post a photo or video or livestream a physical activity such as gardening, walking, or playing basketball, on social media using #Vision2BActive and challenge three friends to participate. Posts will be shared on [Facebook](#) at San Bernardino Countywide Vision or on [Twitter](#) and [Instagram](#) @SBCVision.

The Countywide Vision was adopted in June 2011 by the Board of Supervisors and the SANBAG Board of Directors in partnership with the community in order to develop a roadmap for the future of San Bernardino County, which includes creating a healthy and prosperous future for all who live, work and play here. Vision2BActive is the second public campaign of the Countywide Vision Project following the successful [Vision2Read](#) literacy initiative that started in September 2015.