



Governor Dave Heineman and other state officials led a walk through the halls of the Capitol Building last week to help promote the 2009 N-Lighten Nebraska entry campaign.

Also joining Governor Heineman on the walk were two University of Nebraska Lincoln athletes. Patrick Burke, track and field decathlete, and Rachel Schwartz, volleyball player, supported the N-Lighten Nebraska campaign by saying a few remarks on behalf of Chancellor Harvey Perlman.

Schwartz mentioned that “in his State of the University Address in August 2008, the Chancellor stated that the wellness of the community is an issue worthy of our focus”.

Burke also pointed out, “participation in N-Lighten Nebraska can improve more than just physical health, but improve self-confidence and the ability to achieve goals.”

Together they challenged UNL students, staff and faculty to take last year’s participation number of 368 people and increase it to 460, a 25% increase to match the Nebraska Sports Council’s 25th Anniversary.

N-Lighten Nebraska is a three-month team wellness competition beginning Feb. 1 that encourages participants to increase daily physical activity and lose weight in a healthy way.

Almost 60,000 Nebraskans have participated in N-Lighten Nebraska since 2002 when the program began and organizers expect more than 10,000 adult participants in N-Lighten Nebraska and 20,000 children will engage in the youth version, known as N-Lighten Kids.

Registered adult participants receive a free shirt, weekly fitness and nutrition tips and free entry in the 2009 Cornhusker State Games Volkswalk.

Team results are displayed on a real-time leaderboard which reflects team totals as participants periodically log weight-loss and activity points. Teams compete for medals and thousands of donated monthly incentive prizes.

The cost for adults is \$17, although many Nebraska companies cover all or part of the entry fees for their employees. Teams may register online at www.N-LightenNebraska.com.

Businesses may arrange for custom registration options by contacting Danielle Kleber at dkleber@nebraskasportscouncil.com or 1-800-304-2637.

The early registration deadline is Jan. 19, but entries are accepted throughout the program, which ends May 1.

N-Lighten Kids is free for school-age participants and focuses on nutrition and physical activity.

Schools and other youth organizations which meet minimum activity totals will qualify for a drawing for one of 10 \$500 awards provided by BlueCross BlueShield of Nebraska, which sponsors N-Lighten Kids.

N-Lighten Nebraska is conducted by the Nebraska Sports Council and sponsored by St. Elizabeth Regional Medical Center.