



**NEWS from the Shelby County Mayor's Office**

***Lee Harris, Mayor***

Vasco A. Smith, Jr., Administration Building  
11<sup>th</sup> Floor, 160 North Main, Memphis, Tennessee 38103

**FOR IMMEDIATE RELEASE**

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**MAYOR LEE HARRIS ANNOUNCES HEALTHYSHELBY'20 HEALTH AND FITNESS INITIATIVE**

*healthyShelby'20 will include a focus on awareness and prevention of childhood diabetes, increased access to primary care, and connecting with the community through fitness.*

MEMPHIS, TN – Mayor Lee Harris aims to increase access and awareness for healthy choices with the healthyShelby'20 campaign. Areas to be covered are nutrition, physical fitness, and mental health and stress management. This year, a special emphasis will be placed on awareness and prevention of childhood diabetes.

Mayor Lee Harris: “Our goal is to create a culture of health in Shelby County. We have to raise awareness around healthy eating, physical fitness, and mental health is key to a healthier Shelby County for all. Furthermore, this year we will work with our partners who are leading the way on awareness and prevention of childhood diabetes. This important mission ensures better health for the next generation.”

**Focus on Diabetes**

The healthyShelby'20 initiative will work with several partners in raising awareness around diabetes prevention. The first event will highlight the exceptional work of Coach Andy Martin, the Physical Education teacher at Grahamwood Elementary. Coach Martin has gone above and



beyond in creating programs that keep the students moving, including a run club, yoga club, and skating club.

Shelby County Commissioner Michael Whaley, Superintendent Joris Ray, and Mayor Harris will join Coach Martin to participate in Yoga Club with the students.

Commissioner Michael Whaley: “It’s fantastic to see such innovative leadership from our educators by bringing unique, health-focused programs into our elementary schools. It’s a privilege to highlight Coach Martin at Grahamwood Elementary.”

Shelby County Schools Superintendent Dr. Joris M. Ray: “Our mission is to serve the whole child and physical education plays a key role in strengthening motor and social skills as well as improving physical and mental health. We are so grateful to join Mayor Harris in recognizing Coach Martin’s years of service and dedication to students.”

Grahamwood Elementary Coach Andy Martin: “It is essential to instill a love of athletics, play, and movement in children as early as possible. In this culture of streaming television and video games, it’s more important than ever to keep our students active. As the PE teacher at Grahamwood Elementary, it brings me great joy to see the children grow a love of exercise and being outdoors.”

**Yoga Club at Grahamwood Elementary  
3950 Summer Avenue Memphis, TN 38122  
March 5, 2020 3pm - 4pm**

As part of the focus on prevention of childhood diabetes, healthyShelby’20 will also host a lunch and learn at Booker T. Washington High School in the fall. Mayor Harris, his staff, and the students will have a chance to learn more about making healthy food choices.

**healthyShelby5K and One Mile Walk**

The healthyShelby5K and One Mile Walk will take place at Shelby Farms Park this fall. The Mayor will be running the 5K and encourages all Shelby County employees and residents to sign up to run or walk. This year, all of the proceeds will be donated to the West Tennessee Chapter of JDRF.



Sherrie Rinehart, Executive Director of JDRF West Tennessee: “We are looking forward to the partnership with healthyShelby’20 and Mayor Harris’ support of research on type 1 diabetes. While JDRF’s primary mission is aimed at funding research to find a cure for type 1 diabetes, through community engagement JDRF wants to also help those living with type 1 diabetes. Diabetes impacts thousands of Midsouth children, teens, and adults so it is imperative we continue to fund research efforts and support members of the diabetes community.”

### **Walk with the Mayor at The Heights of Spring**

Shelby County is proud to partner with The Heights Community Development Corporation for the community walk at The Heights of Spring. Residents will be invited to walk the future Heights Line. The Heights CDC recently kicked off a fundraising campaign to turn a busy thoroughfare through the Heights neighborhood into a green walking trail that connects the Wolf River Parkway to the Shelby Farms Greenline. The walk, co-hosted by Commissioner Tami Sawyer, will kick off the annual Heights of Spring event.

Commissioner Tami Sawyer: “I am inspired by the work happening in District 7 through the Heights CDC. The Heights Line will be transformative for our community and I am excited to support this needed neighborhood-centered revitalization. I welcome the opportunity to help bring attention to efforts like these that are built by residents advocating for green spaces, youth engagement, blight reduction, and economic development.”

Jared Myers, Executive Director of Heights CDC and Heights resident: “The Heights of Spring is our neighborhood’s way to celebrate new life and a fresh start. This amazing event is an opportunity to promote healthy living and to invite neighbors to be a part of the work we are doing to beautify our community. We are excited to have Mayor Lee Harris join us this year with a community walk down National Street, the future location of the Heights Line.”

**Move with the Mayor at Heights of Spring**  
**Collegiate School of Memphis**  
**3353 Faxon Avenue Memphis, TN 38122**  
**April 25, 2020 1pm**



### **healthyShelby'20 Community Bike Ride**

The Second Annual Community Bike ride is a partnership with Explore Bike Share and Innovate Memphis. Residents are invited to join the community ride that will start at the Shelby County Administration Building, travel along the riverfront, and end back at the county building. May is National Bike Month and the community ride takes place during National Bike to Work Week. Mayor Harris is proud to co-host the community ride with Shelby County Commissioner Brandon Morrison.

Shelby County Commissioner Brandon Morrison: “I am looking forward to the second community bike ride with Mayor Harris, Shelby County employees, and residents. This ride is a great way to bring attention to the accessibility of biking around Memphis, our beautiful riverfront, and our county’s dedication to a culture of health.”

**Move with the Mayor Bike Ride**  
**160 North Main Memphis, TN 38103**  
**May 12, 2020 4pm**

### **Mayor on the Move - Fitness in Your Community**

Mayor on the Move is an initiative for Mayor Harris to meet residents where they eat, workout, and live. Mayor on the Move events will happen in every corner of Shelby County. Programming will consist of at least three ways to connect with members of the community: food, fitness, and feedback. Mayor Harris and his team will engage with the fitness community by heading to locally owned gyms and studios, including Memphis Fitness Kickboxing in Cordova, CycleBar Midtown, Hot Yoga Plus, and Any Body Yoga. The first stop will be Memphis Fitness Kickboxing in Cordova.

Joe Pass, Owner of Memphis Fitness Kickboxing: “The fitness community in Shelby County is a world unto itself. It is great for our Mayor to make the effort to meet and get to know the fitness crowd in our element, in our neighborhood.”

### **Shelby Farms Park and IRONMAN**

An aspect of healthyShelby'20 programming is elevating the profile of Shelby County Greenspaces, including Shelby Farms Park. This year, Shelby Farms Park will be on the global stage when it hosts the inaugural St. Jude IRONMAN 70.3 Memphis. Shelby Farms Park is one



of Shelby County’s greatest assets and IRONMAN is one of competitive racing’s most well known brands. Mayor Harris is honored to be presenting the top three male and female winners with their awards.

Mayor Lee Harris: “It wasn’t too long ago that Memphis was considered one of the unhealthiest communities in the region. I am proud that, through the St. Jude IRONMAN 70.3 Memphis event, we are poised to show off our commitment to health, our active fitness community, and one of our greatest public greenspaces, Shelby Farms Park.”

**St. Jude IRONMAN 70.3 Memphis**  
**Shelby Farms Park**  
**6903 Great View Drive North Memphis, TN 38134**  
**October 3, 2020 7:15am**

**Paid Parental Leave**

In an effort to better support the health of Shelby County employees and their babies, Mayor Harris has proposed enacting a six-week paid parental leave policy for Shelby County Government employees.

Mayor Harris: “Paid parental leave ensures a chance at physical recovery for moms and a chance for both parents to bond with the new member of the family. Policies such as paid parental leave support parents’ ability to dedicate time to caring for their child, positively impacting the health and well-being of the entire family. Research has demonstrated that a nurturing relationship with both parents positively impacts a child’s emotional, social, and physical well-being.”

Shelby County Commissioner Willie Brooks: “It is my honor to support this proposal to give paid parental leave to our Shelby County Government families. The time after welcoming a child into the family is joyous, but can also be a difficult time. I’m glad our families will not have financial worries when taking this time off to care for their new child.”

**healthyShelby Board**

Mayor Harris is working closely with the Shelby County Health Department and the healthyShelby Board on policies to improve health outcomes for the people of Shelby County.



The board has committed to increasing access to primary care providers for those in need. This is a multi-year commitment with the discovery, planning, and system design phases anticipated to be complete by the end of 2020.

The healthyShelby board is comprised of President and CEO of St. Francis Tenet Healthcare Dr. Audrey Gregory, CEO of Church Health Dr. Scott Morris, President and CEO of Baptist Medical Health Care Corporation Jason Little, President and CEO of United Way Mid-South Dr. Kenneth Robinson, President and CEO of Methodist Le Bonheur Healthcare Dr. Michael Ugwueke, President and CEO of Regional One Health Dr. Reginald Coopwood, and from the Shelby County Health Department Director Alisa Haushalter and Shelby County Health Department Administrator Cynthia Nunnally.

*Participants in Run/Walks/Rides with the Mayor acknowledge the risk of injury and, through voluntary participation, waive any and all rights, claims, or causes of action of any kind whatsoever arising out of participation in these events.*

(end of release)