



NEWS RELEASE

FOR IMMEDIATE RELEASE

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VETERANS P.A.C.E. (PHYSICAL ACTIVITY AND CONSCIOUS EATING) CHALLENGE 2016

Jump Start Your Fitness and Healthy Goals!

Are you interested in a healthy and friendly competition among Veterans nationwide?

On March 21, the eight week 2016 P.A.C.E. competition challenge will commence. Teams are now being formed at the Canandaigua VA Medical Center and the Rochester VA Outpatient Clinic. The P.A.C.E. Challenge will include:

- **Physical Activity:** Be active 30 minutes a day, at least 5 days a week.
- **Healthy Eating:** Choose one of 8 healthy eating goals each week.
- **Tracking:** Free personal activity log using the [Presidents Challenge website](#).

To participate, Veterans must be eligible for the VA's MOVE program and want to improve their fitness and eating habits to live happier, healthier lives. Veterans will compete with Veterans nationwide to earn the PACE Trophy.

For more information please contact Shawn O'Brien at (585) 393 – 7268.

Check the Canandaigua VA Medical Center [News Room](#) or visit our [Facebook page](#) for more upcoming events.

The Canandaigua VA Medical Center is located at 400 Fort Hill Avenue Canandaigua, N.Y. 14424.
The Rochester VA Outpatient Clinic is located at 465 Westfall Road, Rochester N.Y. 14620.

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