



MEDIA CONTACT:

Michele Murray
LiveWell Colorado, Director of Communications
720-573-3622 (direct)
303-880-9159 (cell)
michelemurray@livewellcolorado.org

LiveWell Colorado Awards Cortez its Highest Recognition for Building a Healthy Community

Cortez reaches LiveWell Colorado's HEAL Cities & Towns Campaign Elite Level

DENVER — September 27, 2016 — LiveWell Colorado is proud to award Elite Status City recognition to Cortez for adopting five policies that help make it a healthy place to live, work and play.

"Cortez has made a significant investment in building a healthier community," said Julie George, LiveWell Colorado director of HEAL Cities & Towns Campaign. "From building parks and playgrounds to improving food access, Cortez is a shining example of what it means to create a healthy community for all of its residents."

"Building a healthy community is helping us redefine Cortez for the next generation," said Shane Hale, Cortez City Manager. "Being a LiveWell Colorado Elite City is a distinct honor for which we're all very proud. With more than 610 acres of parks and open spaces, the residents and employees of the City of Cortez are encouraged to live a healthy and active lifestyle."

There are four levels of the LiveWell Colorado HEAL Cities & Towns Campaign: Eager, Active, Fit and Elite. In order to qualify for Elite status, a city must have adopted at least five healthy eating and active living (HEAL) policies. The following are just a few of the policies adopted by Cortez since June 2013:

- Purchased Geer Recreation Area and built new trails: An example of city and private partnership with volunteerism and trail building, giving the public access to the outdoors and trails in city limits
- Path to Mesa Verde: The City is working with Mesa Verde National Park, Colorado Department of Transportation and the town of Mancos to create an 18 mile path between Mancos and Cortez
- Edible landscape policy: 20 percent of what the City of Cortez Parks Department plants is edible to increase access to healthy food.

Forty six cities are a part of the LiveWell Colorado HEAL Cities & Towns Campaign, which began in 2013. "We partner with LiveWell Colorado on the HEAL Cities & Towns Campaign because we believe a healthy community is a viable, sustainable community for future generations," said Sam Mamet, Executive Director, Colorado Municipal League. Since the campaign began, municipalities have adopted more than 70 policies tied to healthy eating and active living across the state.

To learn more about Cortez and its healthy living initiatives, please visit: www.cityofcortez.com.

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LiveWell Colorado is a statewide nonprofit organization committed to preventing and reducing obesity in Colorado by promoting healthy eating and active living. With the goal of eliminating health disparities and advancing health equity, LiveWell Colorado focuses its efforts on policy, environmental and lifestyle changes that remove barriers and increase access to healthy behaviors. Working in partnership with obesity prevention initiatives across the state, LiveWell Colorado aims to provide every Coloradan with access to healthy foods and opportunities for physical activity to make Colorado the healthiest state in the nation. For more information, please visit: LiveWellColorado.org.