



YMCA

We build strong kids,  
strong families, strong communities.

**FOR IMMEDIATE RELEASE**

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## **KINGS MOUNTAIN FAMILY YMCA ENCOURAGES COMMUNITY TO TAKE STOCK OF HEALTH WITH STANFORD ASSESSMENT**

### ***Online Health and Lifestyle Assessment Tool Can Be First Step Toward Lifestyle Change***

As part of America On The Move Week with the YMCA Sept. 20-27, 2009 the Kings Mountain Family YMCA is encouraging individuals to take stock of their own health and well-being by taking the Stanford Health and Lifestyle Assessment (SHALA) and sharing the results with staff at their local YMCA.

SHALA is an online tool designed to assess individuals' current state of health and determine their readiness for making a lifestyle change. Survey questions range from diet and exercise to support systems and obstacles to healthier habits.

To access the SHALA survey, go to: <https://healthimprovement.stanford.edu/amway/default.asp>.

"The SHALA summary report is a wonderful tool to help determine healthy lifestyle behavior targets and provide participants with the motivation and support they need to make desired changes to their health and lifestyle habits," said Stacy Stallings, Wellness Director at the Kings Mountain Family YMCA. "We encourage people to take it at home at their convenience and then bring in their results to the Y. Regardless of where they are in terms of their health and well-being, YMCA staff can use the survey results to help determine where they struggle and what their particular needs and strengths might be."

America on the Move Week with the YMCA is a partnership between the YMCA and America on the Move, a national non-profit organization dedicated to improving health and quality of life by promoting healthy eating and active living for individuals, families, communities and society. Special events at the Kings Mountain Family YMCA, all open to the public, will include "A High Heel Shoe Race", a Walk-a-thon, as well as other fun activities throughout the week!

For questions about the SHALA survey, or activities related to America on the Move Week With the YMCA, contact [sstallings@clevecoyymca.org](mailto:ss Stallings@clevecoyymca.org).

**ABOUT THE YMCA:** The nation's 2,686 YMCAs serve 21 million people each year, including nearly 10 million children under the age of 18. YMCAs respond to critical social needs by drawing on their collective strength as one of America's largest not-for-profit community service organizations. Through a variety of programs and services focused on the holistic development of children and youth, family strengthening, and health and well-being for all, YMCAs unite men, women and children of all ages, faiths, backgrounds, abilities and income levels. From urban areas to small towns, YMCAs have proudly served America's communities for nearly 160 years by building healthy spirit, mind and body for all. Visit [www.ymca.net](http://www.ymca.net) to find your local YMCA.