For Immediate Release Contact:

**[Company/Organization Name] Celebrates National Get Fit Don’t Sit Day**

**[CITY], [State]****(May 4, 2016)*—*[Company/Organization name]** is joining with the American Diabetes Association® in celebrating National Get Fit Don’t Sit DaySM today. On this Wellness Day, the Association encourages everyone to limit the amount of time they spend sitting by making sure they get up and moving at least once every 90 minutes throughout the work day.

“On average, people spend five hours and 41 minutes of their day sitting at work,” said **[name, title, Company/Organization]**. “Research shows that sitting for long periods of time increases your risk for many health problems, so it’s important that we get up and move during the day. National Get Fit Don’t Sit Day is the perfect way for **[company/organization name]** to encourage our **[employees/members]** to get moving for better health.”

To celebrate National Get Fit Don’t Sit Day, **[Company/Organization]** will **[insert paragraph about specific activities the company or organization has planned/will be promoting for the day].**

“Since our founding more than 75 years ago, the Association has promoted the importance of healthy lifestyle choices as a way to manage all types of diabetes and to prevent or delay type 2 diabetes,” said **[insert local contact].** “Through National Get Fit Don’t Sit Day, we call on all Americans, including people with diabetes, to get up from their work chair. Whether you bike to work or take a quick walk up or down the office stairs, it’s time to get active! We are delighted that **[company/organization]** has joined our efforts. ”

National Get Fit Don’t Sit Day is part of Wellness Lives HereSM, an American Diabetes Association initiative designed to inspire and fuel our nation’s healthful habits at work and beyond. To learn more, visit **wellnessliveshere.org.**

**[Insert Company Boilerplate]**

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