

Mayor Puts City on Diet To Lose a Million Pounds



Many people make resolutions at the start of a new year. Mick Cornett, the mayor of Oklahoma City, Oklahoma, has made a resolution for his whole city!

Cornett has challenged all city residents to eat healthful foods and exercise more this year. Cornett hopes people in his city will lose a total of 1 million pounds by the end of 2008. The mayor decided to put his city on a diet because Oklahoma City has one of the highest rates of obesity in the U.S.

As part of Cornett's plan, residents can sign up and track their weight loss on a city Web site. Almost 8,000 people registered during the first week of the year, and they've lost more than 3,000 pounds. People who register on the Web site also can calculate their body mass index (BMI), which is the amount of body fat they have. The site includes recipes, links to area fitness centers, and dates for city fun runs and other activities.

"Weight loss works best when people are surrounded by friends, family, and coworkers who help them reach their goals," said Cornett.

"Putting an entire city on a diet may seem a little extreme," he added, "but we have to get people's attention. We have to teach about a healthier lifestyle. This is a serious health problem that's not going to go away unless we act."

NEWS WORD BOX

residents extreme
obesity register
calculate survey

MORE FACTS ABOUT THE OKLAHOMA CITY DIET

- According to one survey, Oklahoma City has more fast-food restaurants than any other city in the United States.
- A new program in schools will help students be more active.
- Oklahoma City plans to build 47 new elementary school gymnasiums.
- The city plans to add 300 miles of new sidewalks so people can walk more.

THINK ABOUT THE NEWS

Think about a goal that you want to accomplish in 2008.
Make a list of all the things that could help you meet your goal.