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~ **For Immediate Release** ~

## **Lakeland HealthCare Sponsors Video Contest**

(ST. JOSEPH) – Southwest Michigan residents are invited to showcase their favorite exercise activity for a chance to win \$1,000 and be featured in an upcoming video for “Get Fit in the Mitt,” a wellness campaign sponsored by Lakeland HealthCare.

“We’re asking community members to create and star in a three-minute video showing how they like to exercise,” said Lakeland associate and “Get Fit in the Mitt” video host Meg Gallert. “Whether it’s swimming in our lakes, hiking in the woods, or doing yoga on the beach, we want to see the healthy and creative ways people in Michigan’s Great Southwest get active!”

Video submissions will be accepted from Monday, August 5, through Thursday, September 5. They can be submitted via email to [getfit@lakelandregional.org](mailto:getfit@lakelandregional.org); DVDs or flash drives can be mailed to “Get Fit in the Mitt,” Lakeland HealthCare Marketing & Communications Department, 1234 Napier Avenue, St. Joseph, MI, 49085. Please note that mailed submissions cannot be returned. Complete contest guidelines and past episodes of “Get Fit in the Mitt” can be viewed online at [www.lakelandhealth.org/getfitinthemitt](http://www.lakelandhealth.org/getfitinthemitt).

Also, each week Gallert hosts “Get Fit in the Mitt” Mondays on 98.3 The Coast from 9:00 to 9:30 a.m. The show features interviews with community experts about health issues that affect our community including disease prevention, nutrition, upcoming events, and wellness initiatives.

For more information about the video contest or other “Get Fit in the Mitt” programming, email [getfit@lakelandregional.org](mailto:getfit@lakelandregional.org).

### **About Lakeland HealthCare**

Lakeland HealthCare is a non-profit, community-owned health system, which includes four hospitals, an outpatient surgery center, rehabilitation centers, long-term care residencies, hospice, home care services, and physician practices. Lakeland Regional Medical Center, St. Joseph and Lakeland Community Hospital, Niles are in the nation’s 100 Top Hospitals® as ranked by Truven Health Analytics, formerly the healthcare business of Thomson Reuters. Lakeland has over 4,000 employees who provide clinical and support services at locations throughout southwest Michigan, and partners with more than 400 affiliated physicians and other providers. For more information, visit [www.lakelandhealth.org](http://www.lakelandhealth.org).