



BERMUDA

CARIBBEAN WELLNESS DAY ACTIVITIES

- The focus will be on health and wellness of men and boys
- CWD activities will promote healthy foods vendors, physical activities, and health screening.
- A competition element has been included and corporate teams have been invited to participate in Tug of War, obstacle courses etc.
- The America's Cup will also participate in land based activities
- Communities will host programs relevant to health and wellness for men and boys.
- A 1-mile Dancewalk will be hosted around the city to promote physical activities will take place the week before. Leaflets promoting health information will be distributed.
- The Premier's Council on Fitness, Health and Nutrition for children will be launched in September, to promote physical activity and healthy eating for school age children. This is part of the Ministry's drive to tackle overweight and obesity.