



By Margaret Kavanagh, Reporter

Last Updated: Sunday, November 21, 2010 8:43 PM

BREVARD COUNTY --

The unemployment rate on the Space Coast sits just below 12 percent.

Many people are facing tough times and many people are also overweight in the county with 20 percent of the population in the county is obese.

That's why the YMCA offered the Get Moving Brevard Program.

Whether it's a zumba class, some laps in the pool or a run on the treadmill -- the YMCA wants people in Brevard County to get moving.

"There are so many activities where you can be more active and really improve your health," said YMCA spokesperson Maryalicia Johnson.

Improve your health for free during the month of November at any of the three YMCA locations in Brevard County.

Each person who signs up gets a pedometer.

It calculates how many steps you are taking. The goal is to take 10,000 steps a day, about five miles.

It sounds like a lot, but YMCA representatives said without even putting any extra effort the average person will walk between 3 to 4 thousand steps a day.

"Gives the kids a chance to get out and have some playmates and some fun," said program member Danyel Joyner. "It's hard for us to find something we can all do. This is easy for us to get out and get active."

The program has gained the support of seven municipalities throughout the county, and several other government agencies along with private companies hoping to encourage their employees to stay active and healthy -- which saves them money in the long run.

"The YMCA is about strengthening the community, we just invite people to come out and get moving," Johnson said.

Membership at the three Brevard County YMCA locations is free until the end of November in Cocoa, Suntree and Titusville.

So far 1,200 people have signed up.