



## Rep. Tom Emmer on Emmer Congratulates Carver County for being named Healthiest County in Minnesota

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### **REP. TOM EMMER:**

Mr. Speaker, there is no question that exercise is good for the body. Whether it's walking, biking or playing hockey on a frozen lake, exercise reduces your chances of getting heart disease, helps maintain a healthy weight, improves mood and mental functioning and so much more. In my state, no place does it better than Carver County in Minnesota's 6th Congressional District. Carver County has been named our state's healthiest county by the Robert Wood Johnson Foundation for the 6th consecutive year. The rankings are based on, among other factors, how people feel and how long they lived. The walkability of cities and towns in Carver allow its residents to skip the car ride and use their own two feet to get to the grocery store or shop. And with countless parks, playgrounds, trails, there are plenty of places for Minnesotans to enjoy the outdoors. Congratulations to the residents of Carver County for grabbing the top spot once again and setting a great example for the rest of our state to get out and get active. I yield back.

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