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Healthier Tennessee Launches “Streaks for Small Starts” on Android
Innovative health and wellness app now available to more Tennesseans

NASHVILLE – The Governor’s Foundation for Health and Wellness, through its Healthier Tennessee initiative, today released an Android version of “Streaks for Small Starts™,” a new app to help Tennesseans get an easier start on the path to healthy living. The iOS version of Streaks for Small Starts has been available since late last year.

“The Streaks for Small Starts app uses technology to simplify and encourage healthy living,” Governor’s Foundation for Health and Wellness CEO Rick Johnson said. “It gives users the resources they need to turn small daily steps into solid streaks of success.”

Streaks for Small Starts provides nearly 50 small, daily health actions or challenges that encourage physical activity, healthy eating, and tobacco cessation. Users can access healthy starts, track their progress, receive daily reminder messages, and connect with other users to share success.

Streaks for Small Starts builds upon Healthier Tennessee’s Small Starts™ tools, currently available at www.healthierTN.com. The app was developed to make it even easier to access the tools on the go, track progress and be reminded and motivated. More than 4,000 Tennesseans are already using the iOS version of the app.

Tennessee consistently ranks among the least healthy states in the nation. Type 2 diabetes and high blood pressure are at near epidemic levels, the rate of obesity has risen from 10 percent to almost 34 percent since 1988, only three states have higher rates of tobacco use, and our children now have a shorter life expectancy than their parents.

The Foundation’s Healthier Tennessee initiative is dedicated to encouraging and enabling Tennesseans to live healthier lives by offering free, easily accessible ways for them to be more active, eat healthier, and not use tobacco. Small Starts tools are designed for use by individuals, workplaces and faith congregations.

Learn more about Streaks for Small Starts at www.healthiertn.com.

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