

'Good Morning America' visits Hernando for fitness segment

By Henry Bailey

Wednesday, August 17, 2011

Hernando wants to flex its community muscle with a big turnout Thursday at a citywide fun and fitness event at Lee's Summit Park, being filmed at 6 p.m. as part of a segment for ABC's Good Morning America show "Everyday Health."

The gathering will team active-living exercises with healthy-eating advice, Mayor Chip Johnson said. The class may be led by a celebrity trainer, as well as local exercise and nutrition experts.

"We'd love to have more than 200 Hernando residents out at the park for the filming," Johnson said. "We want everyone to come out, regardless of your fitness level."

"We're going to have a Slip 'n Slide -- we're going to have fun out there," said city Parks and Recreation director Dewayne Williams.

The television program about Hernando will be the ninth episode shot and should air sometime in October or November. It will feature efforts by the city to create a healthier community.

EverydayHealth.com, in partnership with Mark Koops, produces "Everyday Health." Jenna Morasca, winner of "Survivor: The Amazon" and Ethan Zohn of "Survivor: Africa" visit localities making their mark for better health; Laila Ali, daughter of boxing great Mohammed Ali, is the in-studio host.

Filming in Hernando will also take place at the city's Community Garden, the Farmers Market on Saturday, a local restaurant serving typical Southern fare and Oak Hill Baptist Church.

At Oak Hill, the pastor, Dr. Michael Minor, leads the regional program, Healthy Congregations, which was started by the Community Foundation of Northwest Mississippi. The production company will also film a citizen seeking a healthier lifestyle.

For more information on the filming, call Hernando Community Development Director Shelly Johnstone at (662) 429-9092.

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NEWS

ABC event set tonight

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HERNANDO — Officials with Mississippi's "Healthiest Hometown," are hoping hundreds of adults and children turn out tonight at Lee's Summit Park for filming of a Good Morning America Show to air this fall.

The story about Hernando will be the ninth episode shot and should air sometime in October or November.

"We would love to have more than 200 residents out at the park," Mayor Chip Johnson said. "We want everyone to come out regardless of your fitness level." People will begin gathering for the event at 6 p.m. tonight.

Johnson said residents will have a chance to observe how others view us across the country.

"For two national stars to show up, it brings a lot of excitement," Johnson said. "We live here and love our town. We have begun to realize what we are doing might be just a little bit better than what other towns are doing."

There will be fun, healthy activities planned, no competition.

The class at Lee's Summit Park will be led by a celebrity trainer, as well as local exercise and nutrition experts.

Everyday [Health.com](#), in partnership with Mark Kroops, produces Everyday Health which airs immediately following the ABC Good Morning America Show.

Shelly Johnstone, city development director, said Johnson was interviewed Wednesday morning.

Production crews arrived in the DeSoto County seat on Tuesday.

In the show, "Survivor" winners Jenna Morasca and Ethan Zohn visit local communities across the nation to shine the light on residents working to make people in their communities healthier.

Filming will also take place at the city's community garden, the Hernando Farmer's Market, Cafe 51, and Oak Hill Baptist Church, whose pastor, Dr. Michael Minor who leads a regional program called "Health Congregations," which was started by the Community Foundation of Northwest Mississippi.

"It's an objective, outside view of what we already know," Johnstone said. "Our healthy lifestyle has made Hernando a destination of choice. People, whether they are retiring or relocating, are yearning for a place that is wonderful."

Hernando will also be in the spotlight on CNN and Headline News, beginning today at 9 a.m. and again at 1 p.m. and 3 p.m.

The segment filmed by CNN two weeks ago will air Monday through Friday at 10 a.m. and 1 p.m. and 10 a.m., noon and 4 p.m. on Saturday and again on Sunday at 4 p.m.

The segment will also air on HLN at 8 a.m. and 1 p.m. on Saturday and at 8 a.m. and 1 p.m. on Sunday.

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