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CITY OF TYBEE ISLAND

PRESS RELEASE:
For immediate release

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Tybee Island Selected As Healthiest Island

Tybee Island, Ga. – (July 6, 2009) Tybee Island has been selected as the Number One (#1!) Healthiest Beach in the US by *Health* magazine in their July-August, 2009 issue. This top ten list includes such heady competition as beaches in Hilton Head, Hawaii, and California. The areas were rated based on cost to stay, availability of healthy activities, healthy food fare, air and water quality, sand quality, and emergency support such as lifeguards.

While some of the US beaches lost points in one area or another, Tybee was consistently given high marks by *Health* magazine's panel of judges. Tybee scored particularly well as the lowest cost place to stay of all locations and as having the fewest water quality problems. While kudos go to Tybee's hotels, motels, B&Bs, and vacation rentals for the former, keeping the water free of contamination is a job for everyone. The City's Department of Public Works cooperates with volunteers from the Tybee Beautification Association to keep the beaches free of litter. The Water and Sewer Department has to stay on top of any potential problems from leaks in the water systems. Believe it or not, contamination from pet waste can be a major source of bacteria in the water, and the Police and Lifeguards work together to keep dogs off the beach. Owners are encouraged to let their dogs run and play off-leash at the Island's two Dog Parks, near the Rivers End Campground at Polk and Van Horne.

Tybee also scored well because of the range of outdoor activities on the island and the variety of healthy foods in local restaurants. Bicycle rentals are readily available, morning yoga on the beach and exercise classes at the YMCA are offered daily, hiking and biking trails abound, and kayaks meet dolphins all day long on their way to Little Tybee across the back river. Oh, yes, and some people enjoy swimming and surfing in the ocean just off our newly renourished and widened sandy beaches. Eating establishments usually include both indoor and outdoor seating, with plenty of seafood on their menus, along with many other choices to promote smart, healthy habits.

The magazine simply calls Tybee "low-key", but the laid back attitude on Tybee deserves special mention. You can relax anywhere on the island - shopping in your pajamas is a local specialty – and stress can detract from anyone's health. Whether you prefer to stroll through one of the several art galleries, to take a turn through the sky in a parasail, or to fish off the Pier, you'll be able to find relaxation and enjoyment on the island. If for no other reason, come experience what those on Tybee like to call "another day in Paradise."

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About Tybee Island, GA.: The City of Tybee Island, Georgia is on the outermost barrier island off the Savannah area coast. With a wild bird sanctuary, over three miles of ocean beaches and salt marshes on the back river, outdoor recreation activities abound for visitors to the island. As a key defense point to the important Savannah port, Tybee's Fort Screven, Tybee Fort Theater, Fort Pulaski, and the Tybee Island and Cockspur Lighthouses combine with the unique architectures of the island's raised cottages to form a rich backdrop for history buffs. Attracting a strong artistic community, there are several local supporting art galleries. Keeping the island interesting year round are several arts festivals, the Annual Pirate Fest, the Beach Bum Parade, St Patrick's Day celebrations, the Hot Rod Run, the Beach Bash, and the Christmas Parade, as well as fireworks displays on Independence and New Year's Days off the Parker Pier and Pavilion. The Marine Science Center cooperates with Georgia's DNR to protect threatened sea turtle species by searching for nests, protecting their eggs, and making sure hatchlings make it to sea. For visitor information, stop by <http://www.tybeevisit.com/>, and to find more about the City of Tybee Island, visit our web site at <http://www.cityoftybee.org/>.

Health magazine's July-August, 2009 issue is on sale at newsstands now, or you can visit them online at <http://living.health.com>. Review the Healthiest Beaches article at <http://living.health.com/2009/06/18/americas-healthiest-beach-lake-getaways/>.

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