

NEWS RELEASE

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For Immediate Release

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12th Annual Nebraska Kids Fitness & Nutrition Day

McCook— The 12th annual Nebraska Kids Fitness and Nutrition Day (NKFND) was held in McCook on Wednesday, October 5th at McCook Community College (MCC) Peter and Dolores Graff Event Center with approximately 300 fourth grade students. The event was also hosted in Grant on Wednesday October 11th at Perkins County Schools with approximately 165 fourth grade students attending the Mountain Time event. These students came from the Southwest Nebraska Public Health Department (SWNPHD) nine-county health district to participate in this one-day fitness and nutrition event.

Schools participating in McCook included: Arapahoe, Cambridge, Wauneta/Palisade, Hayes Center, Hitchcock County, Stratton, Maywood, McCook Central Elementary, St. Patrick's, Medicine Valley, Southern Valley, and Southwest. The Grant event hosted schools from Chase, Dundy, Perkins counties and Ogallala, Paxton and St Luke's.

"This event is a great learning experience for the students. The volunteers have a great time with fitness and nutrition stations while working with the students." states Helena T. Janousek, NKFND Coordinator at SWNPHD.

NKFND was developed and funded, in part, by the Nebraska Beef Council and the University of Nebraska at Kearney. SWNPHD, McCook Public Schools and Perkins County Schools co-chair the event with the partnership of McCook Community College, McCook Lettering, McCook Optimist Club, Land of Lakes, Perkins County Schools, Hatch's, In and Out, CashWa, and the Nebraska Academy of Nutrition and Dietetics.

This one-day event includes six nutrition and fifteen fitness stations. "This is a fun-filled day, focused on teaching youth healthy choices." states Janousek. Over 75 volunteers were utilized teaching and assisting at each of the fitness and nutrition stations. "Our thanks to the great volunteers," expressed Janousek.

To learn more about the event call SWNPHD at 308-345-4223. For additional information, contact SWNPHD at 404 West 10th Street McCook. You can also follow on Facebook and Twitter.

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