

NEWS RELEASE

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**For immediate release**

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## **15th Annual Nebraska Kids Fitness & Nutrition Day Events**

The 15th annual Nebraska Kids Fitness and Nutrition Day (NKFND) was held in McCook on Tuesday and Wednesday, October 5<sup>th</sup> and 6<sup>th</sup> at McCook Community College Peter and Dolores Graff Event Center with approximately 480 fourth grade students. The event was also hosted in Grant on September 29<sup>th</sup> at Perkins County Schools with approximately 210 fourth grade students attending the Mountain Time Zone event. Students came from across the Southwest Nebraska Public Health Department (SWNPHD) nine-county health district to participate in this fitness and nutrition event.

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

"The kids love this event, and it is a great learning experience for the students. Volunteers teach each fitness and nutrition station and have a lot of fun 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 and support of McCook Community College, McCook Lettering, McCook Optimist Club, Hatch's Super Foods, In and Out convenience store, and the Nebraska Academy of Nutrition and Dietetics. This one-day event includes six nutrition stations and fifteen fitness stations.

"This day is not possible without the sponsors and the volunteers," states Janousek. Over 50 volunteers were utilized teaching and assisting at each of the fitness and nutrition stations. "Our thanks go to both the volunteers and sponsors," expressed Janousek.

Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties. You can follow us on Facebook, Instagram and Twitter or view the website at [www.swhealth.ne.gov](http://www.swhealth.ne.gov). Call (308) 345-4223 or stop by the office at 404 West 10th Street in McCook.

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Photos Courtesy of  
McCook Central Elementary

