

## **NEWS RELEASE**

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For Immediate Release

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### **Mountain Time Nebraska Kids Fitness & Nutrition Day**

**Grant** — Perkins County Schools was the location for a second Nebraska Kids Fitness and Nutrition Day (NKFND) held for the Mountain Time schools located in the Southwest Nebraska Public Health Department (SWNPHD) district on Wednesday, October 21<sup>st</sup>. Approximately 215 fourth grade students from Chase County, Dundy County, Keith County and Perkins County participated in this one-day fitness and nutrition event.

NKFND was developed and funded, in part, by the Nebraska Beef Council and the University of Nebraska at Kearney. Keith County joined the health district this year and the distance for students to travel led to the decision of hosting a Mountain Time event.

"NKFND Mountain Time was a huge success, and the majority of that success is due to the leadership of Shawn Cole, Perkins County Physical Education teacher; Shana Kraus, Perkins County Hospital dietician and Perkins County School Nurse Kim Wells," states Helena T. Janousek, NKFND Coordinator at SWNPHD. "They recruited excellent community volunteers for each teaching station, obtained sponsors, gathered donations and brought a high level of enthusiasm to the fourth grade students."

Several volunteers were utilized teaching and leading at each of the fitness and nutrition stations. "Our thanks to the great volunteers," expressed Cole. Nutrition station volunteers included: Pennie Reese - My Plate, Michael Kline - It's all about Balance, Amy Thealander - Handwashing, Taren Hendricks - Healthy Snacks, Adair Reese - Portion Size and Tori Gengenbach - Label Logic.

Fitness station volunteers were: Shana Kraus - Jump Rope, Lauren Klima - Boulder Dash, Michael Kline - Speed Ladder, Pennie Reese – Tic Tac Toe, Ben Holmsteadt - Obstacle Course, Adair Reese - Bug Zapper, Amy Thealander – Invisible Hoop Maze, Monica Cole - Disc Golf, Andi Lee – Stacker Cups, Angie Patrick - Human Knot, Dani Hill - Parachute, Meghan Potts – Kick Boxing, Taren Hendricks - Flag Tag, and Cathy Wilhite - Med Ball Over Under.

"This is a fun-filled day, focused on teaching youth healthy choices." states Cole. "We appreciate the support of the Perkins County School administration in showcasing our new facility. We want to thank Hatch's, In and Out, Thompson Food and Cash-Wa for their donations. A great lunch was prepared by the Perkins County School cooks: Stacy Clark and Cusaundra Tolander".

"Our community partnerships are so valuable to the success of this event," explains Myra Stoney, Director at Southwest Nebraska Public Health Department. "Whether it is a financial sponsorship or manpower, it is great to see so much support, from numerous businesses and communities in southwest Nebraska. At this point, we have been able to provide this educational experience to well over 4,300 students and look forward to continued support for this excellent hands-on learning opportunity."

To learn more about this event and our commitment to improving the health of our communities, call SWNPHD at 308-345-4223, view photo albums of the event at [www.swhealth.ne.gov](http://www.swhealth.ne.gov) and review our list of NKFND sponsors. For additional information, contact Helena at [respite@swhealth.ne.gov](mailto:respite@swhealth.ne.gov) or stop by our office at 404 West 10<sup>th</sup> Street, one block north of Arby's. You can also follow us on Facebook.com/swnphd and Twitter@swpublichealth.

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