

NEWS RELEASE

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For Immediate Release

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2nd Annual Mountain Time Nebraska Kids Fitness & Nutrition Day

Grant — Perkins County Schools was the location for the 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 12th. Approximately 280 fourth grade students from the following schools: Chase County, Dundy County/Stratton, Ogallala, Paxton, Wauneta-Palisade, St. Paul Lutheran 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 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, Monica Poppe - It's all about Balance, Amy Thelander - Handwashing, Taren Hendricks - Healthy Snacks, Adair Reese – Label Logic and Dani Hill – Portion Size.

Fitness station volunteers were: Shana Kraus – Cup Stacking, Lauren Klima - Boulder Dash, Monica Cole - Speed Ladder, Pennie Reese – Tic Tac Toe, Dyan Bartels - Obstacle Course, Adair Reese – Squirrel Tree Tag, Amy Thelander – Invisible Hoop Maze, Taren Hendricks - Disc Golf, Dani Hill - Parachute, Meghan Potts – Yoga, Jump Rope – Todd Kraus, and Amy Kroeker - 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 4,880 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 and review our list of NKFND sponsors. For additional information, contact Helena at respite@swhealth.ne.gov or stop by our office at 404 West 10th Street, one block north of Arby's. You can also follow us on Facebook.com/swnphd and Twitter@swpublichealth.

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