

## **NEWS RELEASE**

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For Immediate Release

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### **11th Annual Nebraska Kids Fitness & Nutrition Day**

**McCook**— The 11th annual Nebraska Kids Fitness and Nutrition Day (NKFND) was held Wednesday, October 5th at McCook Community College (MCC) Peter and Dolores Event Center with approximately 260 fourth grade students. 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 included: Arapahoe, Cambridge, Eustis-Farnam, Hayes Center, Hitchcock County, Maywood, McCook Central Elementary, McCook St. Patrick's, Medicine Valley, Southern Valley, and Southwest. A second NKFND was held in Grant for students attending schools in Chase, Dundy, Perkins and Keith counties.

"Once again NKFND was a huge success, and the majority of that success is due to the excellent community volunteers and outstanding students that assist with the instruction of the fourth graders throughout the day!" states Helena T. Janousek, NKFND Coordinator at SWNPHD. "I appreciate the time dedicated by our Executive Committee: Carrie Goltl, McCook Jr High PE Teacher; Matt Wiemers, Central Elementary PE teacher; Susan Hardin, Dietician; Jennifer Morgan, MCC Area Events Coordinator and Myra Stoney, SWNPHD Director."

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

"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 4,600 students and look forward to continued support for this excellent hands-on learning opportunity."

This one-day event includes nutrition and fitness stations. Dietician Susan Hardin from McCook, coordinates the instructors for the nutrition stations which present information on proper hand washing, label reading, MyPlate food guidelines, healthy snacks, proper portion sizes and energy balance. They included: Nancy Frecks, Katie Graham, Pat Rice, Marti Siebrandt, Sheila Hosick and Donna Kircher.

Carrie Goltl coordinated the fitness stations. “I add new fitness stations each year and the students have been challenged with the teamwork,” explained Goltl. Students were challenged with: Spikeball, Trash Can Basketball, Parachute, Obstacle Course, Bug Zapper, Boulder Dash, Invisible Maze, Frisbee, Stackers, Flag Tag, Rings & Strings, Agility Drills with MCC student athletes and Dance Moves by the McCook High School dance team.

“This is a fun-filled day, focused on teaching youth healthy choices.” states Janousek. “One requirement for the grant is a roast beef sandwich with funding from the Nebraska Beef Council. Linda Babcock, McCook Schools Sodexo Manager had a great lunch and Land of Lakes donated milk for the event.”

Over 75 volunteers were utilized teaching and assisting at each of the fitness and nutrition stations. “Our thanks to the great volunteers,” expressed Janousek. “We had excellent students from Arapahoe, Cambridge, Eustis-Farnam, Hitchcock County, Medicine Valley, Southwest and McCook. We are very lucky to have involved dieticians, extension educators, McCook Community College Event Center staff, MCC student athletes, McCook Optimists members, and many more that make this event so fun.”

To learn more about the 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 [respice@swhealth.ne.gov](mailto:respice@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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