

NEWS RELEASE

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For Immediate Release

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14th Annual Nebraska Kids Fitness & Nutrition Day

McCook— The 14th annual Nebraska Kids Fitness and Nutrition Day (NKFND) was held in McCook on Wednesday, October 9th at McCook Community College (MCC) Peter and Dolores Graff Event Center with approximately 250 fourth grade students. The event was also hosted in Grant on the same day at Perkins County Schools with approximately 190 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, Wauneta/Palisade, Hayes Center, Hitchcock, Stratton, Maywood, McCook Central Elementary, St. Patrick's, Medicine Valley, Southern Valley, and Southwest. The Grant event hosted schools from Chase, Dundy, Perkins, Ogallala, Paxton and St Luke's.

"The kids love this event and it is a great learning experience for the students. Volunteers teach each fitness and nutrition station and had 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 of McCook Community College, McCook Lettering, McCook Optimist Club, Land of Lakes, 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 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 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 and Twitter or view the website at www.swhealth.ne.gov. Call (308) 345-4223 or stop by the office at 404 West 10th Street in McCook or 501 Broadway in Imperial.

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