

On Wednesday, Sept. 23, fourth grade students from across the eight county health district participated in a one day health and fitness day hosted by McCook Public Schools and Southwest Nebraska Public Health Department.

Schools participating in the event include: St. Patrick's-McCook, McCook Central Elementary fourth grade, Eustis-Farnam, Medicine Valley, Hitchcock County, Wauneta/Palisade, Chase County, Perkins County, Dundy County, Arapahoe and Southern Valley.

"The kids and volunteers loved this event," said Tim Garcia, McCook Central Elementary PE teacher and coordinator for the event. "Everyone had a great time and learned a great deal. As a teacher, this is an exciting way to deliver a very important message about fitness and nutrition."

Nebraska Kids Fitness and Nutrition Day (NKFND) was developed and funded, in part, by the Nebraska Beef Council and the University of Nebraska-Kearney.

Donations of over \$3,500 were also received from sponsoring businesses throughout the health district. Sponsors of \$100 or more are listed on the back of the t-shirts. The complete list of donors is provided to the teachers so that the classes may thank the sponsors.

The McCook Optimists' Club served the meals prepared by Schmick's Market to the event. Milk donated by Meadow Gold was served with lunch.

McCook Lettering made the t-shirts. YMCA and McCook Public Schools hosted the events. The Nebraska Dairy Council donated Frisbees, tattoos and educational materials.

Susan Hardin organized the nutrition stations and recruited volunteers for these stations.

Michelle Gonzales and Carrie Gohl organized the fitness stations. Local sponsors include: Adams Lumber, Arapahoe Pharmacy, Culbertson Bank, KRD Credit Union, Lord's Furniture, MNB Insurance, AmFirst Bank, Hershberger Music, Milco Environmental, Ag Valley Co-op, AmFirst Insurance, BSB Construction, CB Seamless Gutters, Consolidated Telephone, Harchelroad Motors, Hayes County Farmers Co-op, HomeTown Agency, McCook National Bank, McPherron, Skiles and Loop, CPA's, RC Specialties, TriState Livestock, Valley Bank and Trust, YMCA, First State Bank, Community Hospital, McCook Clinic, Valmont, Chase County Community Hospital, Wells Fargo, Great Plains Communications, and Frenchman Valley Co-op.

This one day event includes six nutrition stations and 16 fitness stations. The kids rotate through the events spending 18 minutes at each nutrition station and seven minutes at each fitness station.

The nutrition stations include information on proper hand washing, label reading, my pyramid food guide, picking appropriate snacks, picking proper portion sizes and energy balance.

Fitness stations included obstacle course, parachute, soccer shots, scoops relay, torch relays, fitness balls, and step aerobics, twister and more.

"The event was a huge success," said Myra Stoney, director of Southwest Nebraska Public Health Department and co-coordinator of the event. "This is the fourth time to host Kids Fitness and Nutrition Day. We have wonderful volunteers who make the event a success."

To learn more about the event, contact Southwest Nebraska Public Health Department at 308-345-4223 or view photo albums of the event at www.swhealthdept.com.