

Olympic fever

at Wisconsin's Movin' and Munchin' Schools

Being in the Olympics is the big dream of many athletes. It's a goal achieved by working hard and staying focused.

Two Olympians who grew up in Wisconsin are speed skater Casey FitzRandolph and runner Suzy Favor Hamilton. They competed in three Olympics. Now they are helping kids across the state reach important goals related to healthy living.

The Olympians visit schools as part of the Movin' and Munchin' program, which encourages students, their families and school staff to set goals to eat healthy and exercise regularly. It is a program of the Wisconsin Department of Public Instruction and sponsored by the WEA Trust, an insurer for public school employees.

FitzRandolph and Favor Hamilton visit several schools in a year. They talk about eating right, exercising and pursuing your dreams. "Suzy and I encourage the students to have a goal, and to have stepping stones to reach that goal," FitzRandolph said.

"'Believe and you can achieve' is a saying I've hung my hat on," he said. "I talk to the kids about how being persistent helps you accomplish goals."

FitzRandolph tells the students that sometimes there are days when he isn't active or days when he eats foods that aren't healthy choices, but that shouldn't be what a person chooses most of the time. "The more lazy

days you have, the harder it is to be productive. It makes it easier to be productive if you keep being productive," he said.

Movin' and Munchin' Schools

How does the program work? The students and staff of a participating school earn points, called movin' and munchin' miles, for exercising and eating healthy foods.

The school keeps track of everyone's miles to reach a goal.

That goal could be the number of miles from the school to Disneyland, or to the moon! Along the way, there are special activities and rewards to keep everyone motivated.

Parents get involved too. The objective is to have the whole family become more active and eat healthier.

To be eligible for a monetary award to improve their physical educa-

tion and nutrition programs, schools submit a report about their activities. This year, more than 150 schools are movin' and munchin' to better health.

"It's a great program," FitzRandolph said. "Kids learn that there are lots of ways to live healthy. And then their enthusiasm spills over into the community."

For more information about the Movin' and Munchin' Schools program, contact Jon Hisgen at the Wisconsin DPI, 608-267-9234, email Jon.Hisgen@dpi.wi.gov or visit www.movinandmunchin.com.

Suzy Favor Hamilton

- Graduated from Stevens Point High School
- Competed in the 1992, 1996 and 2000 Olympics
- Holds record as second-fastest American in the Women's 1500 meter
- Lives in Madison with her husband and daughter



Casey FitzRandolph

- Graduated from Verona Area High School
- Competed in the 1998, 2002 and 2006 Olympics
- Won Olympic Gold Medal in 2002
- Lives in Madison with his wife and family



PHOTOS BY BRIAN JACKY



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Anthem Blue Cross Blue Shield
www.anthem.com

Body and Mind from
Centers for Disease Control
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www.bam.gov

Children's Health Education
Center
www.bluekids.org

Children's Hospital of Wisconsin
www.chw.org

Girls' Health
www.4girls.gov

Gov. Doyle's Healthy
Kids Initiatives
healthykids.wisconsin.gov

IndependenceFirst
www.independencefirst.org

City of Milwaukee Health
Department
www.ci.mil.wi.us/health

Milwaukee Journal Sentinel
www.jsonline.com

Milwaukee Recreation
www.milwaukeeerecreation.net

Milwaukee Wave
www.milwaukeeewave.com

Movin' and Munchin' Schools
www.movinandmunchin.com

President's Council
on Physical Fitness
www.fitness.gov

Safe Kids Worldwide
www.safekids.org

Shaping America's Health
www.obesityprevention.org

Wisconsin Dental Association
www.wda.org

Wisconsin Department
of Public Instruction
www.dpi.state.wi.us

Addresses Wisconsin Health Education Standards:
4:D1, 8:D1