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Olympians join students and public to stress health at Movin' and Munchin'

• *Eating right and physical activity focus of event for kids, families*

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Wisconsin Olympians Casey FitzRandolph and Suzy Favor Hamilton see eating right and regular physical activity as important to students' well-being as is mastering the three R's.

That is why on Tuesday, March 16, FitzRandolph and Favor Hamilton will join students and staff of the Spooner Area School District to stress the importance of a healthy eating and fitness program for Wisconsin public schools called Movin' and Munchin'.

The program, administered through the Department of Public Instruction and sponsored by the WEA Trust (a not-for-profit group health insurer that insures many Wisconsin public school employees), encourages children, their families and public school employees to eat healthily and have regular physical activity through the program offered in their local schools. Schools that participate in the Moving' and Munchin' program may receive up to \$1,000 in awards.



FitzRandolph, a three-time Olympian and 2002 gold medalist in 500-meter speed skating, and Favor Hamilton, a three-time Olympian and holder of seven U.S. championships and nine NCAA titles in running, serve as honorary chairpersons of the Moving' and Munchin' program.

— An estimated crowd of more than 400 students in kindergarten through fourth grade, public school employees, the public, and the media are expected to attend.

The Spooner Area School District was chosen as the site of the event because of their enthusiasm and commitment to nutrition and exercise programs for their students, staff, and community alike, the school district said.

The Moving' and Munchin' Event at Spooner Elementary School will take place at 1:30 p.m. on Tuesday.

The event will include speeches from FitzRandolph, Favor Hamilton, Spooner Elementary School Principal Chris Anderson, and Fred Evert, executive director of the WEA Trust.

Highlight films from both Olympians will be shown.