



DAILY NEWS

Washington County's Daily Newspaper

50¢
TUESDAY

March 24, 2009

Volume 153, Number 196

WWW.GMTODAY.COM



SPORTS

Ready to run

Slinger's girls soccer aims to be fast on the field. ▶ Page B1

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SCHOOLS

Olympians join forces to stress health and fitness

Wisconsin Olympians Casey FitzRandolph and Suzy Favor Hamilton came together to promote a healthy eating and fitness program called "Movin' and Munchin' Schools" Tuesday at the Kewaskum High School Field House.

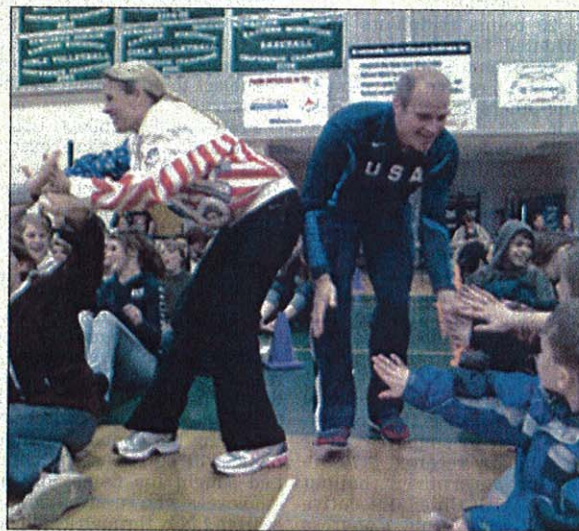
The crowd of nearly 2,000 people consisted of 4-year-olds through eighth-grade students from the Kewaskum School District, school staffs, parents and the public.

The program is 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. The Movin' and Munchin' program encourages kids, their families and public school employees to eat healthy and exercise regularly through the program offered in their local schools. Schools that participate in the Movin' and Munchin' program may receive up to \$1,000 in awards.

Kewaskum was chosen as the site of the event because its largest elementary school, Kewaskum Elementary School, recently participated in the program and is receiving the highest financial award.

Schools participating at the event were Kewaskum Elementary, Wayne Elementary, Farmington Elementary, Holy Trinity and Kewaskum Middle.

FitzRandolph, a three-time Olympic speed skater and 2002 gold medalist in the 500 meters, and Hamilton, a three-time Olympian and holder of seven U.S. championships and nine NCAA run-



Submitted photo
Olympians Suzy Favor Hamilton, left, and Casey FitzRandolph shake hands with students in the Kewaskum High School Field House on Tuesday.

ning titles, serve as honorary chairmen of the Movin' and Munchin' program.

"The Movin' and Munchin' programs help kids, and their family members focus on the right tools to achieve their goals," said FitzRandolph.

"Physical activity and eating right is the foundation for kids to perform well."

"Achieving your goals comes from hard work, determination, and being smart about what you eat," Favor Hamilton said. "Exercise and healthy eating every day makes for a winning combination for kids, their families, and the staff in Wisconsin's great schools. I encourage kids and adults alike to find an exercise they can enjoy together and get

At a glance

■ Additional information about the Movin' and Munchin' program can be found at movinandmunchin.com.

moving."

"The WEA Trust, in partnership with DPI, school districts and their employees, is very excited to see the Kewaskum School District take a leadership role in this great program," said Fred Evert, CEO of the WEA Trust. "Movin' and Munchin' and other programs that stress sensible eating and physical activity are making a difference in addressing the issues of obesity and healthy lifestyles."