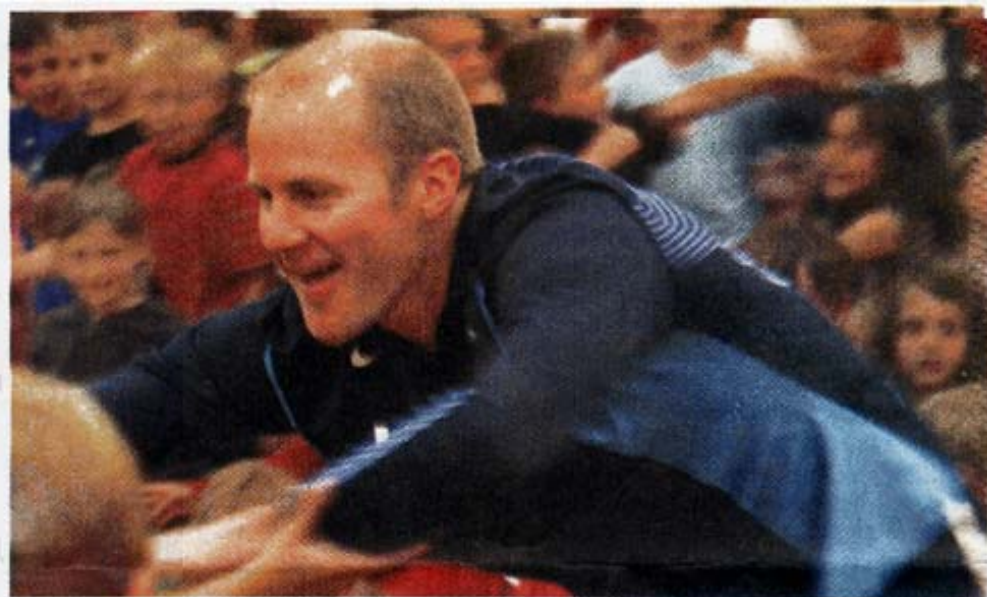




Suzy Favor Hamilton is a prominent distance runner. She is shown greeting students in Amery recently.



Casey FitzRandolph is an Olympic Gold Medalist in speed skating. He is shown in Amery last week.

World class athletes stress moving, good diet

Wisconsin Olympians Casey FitzRandolph and Suzy Favor Hamilton came together to promote a healthy eating and fitness program called "Movin' and

Munchin' Schools" at Amery Middle School. The crowd of nearly 1,000 people consisted of students from Lien Elementary, Amery Intermediate, and Amery

Middle School, schools' staff, parents, and the public.

The program is administered through the Department of Public Instruction (DPI) 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.

The Amery School District was chosen as the site of the event because of their commitment to nutrition, healthy eating, and exercise programs offered in the schools. Last year Lien Elementary, Amery Intermediate School, Amery Middle School and Amery High School all participated in the Movin' and Munchin' Schools program.

FitzRandolph, a 3-time Olympic speed skater and 2002 gold medalist in the 500 meters, and Hamilton, a 3-time Olympian and holder of 7 U.S. championships and 9 NCAA running titles, serve as honorary chairpersons 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."

Suzy Favor Hamilton added, "Achieving your goals comes from hard work, determination, and being smart about what you eat. 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 moving!"

Oralee Schock, Principal of Amery Middle School and emcee of the day's program, concluded,

"I am very proud of the students, staff, and business partners in Amery for their focus on exercise and healthy eating habits. Their hard work, dedication, and perseverance is very impressive!"

The event included speeches from Casey FitzRandolph; Suzy Favor Hamilton; Oralee Schock, Principal of Amery Middle School; and Fred Evert, CEO of WEA Trust.

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



Two prominent athletes spoke to Amery students last week. Casey FitzRandolph and Suzy Favor Hamilton stressed the need for exercise and a good diet during an appearance at Amery middle school.

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