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Wisconsin Olympians stress health and fitness

For THE NEWS

BOYCEVILLE — Olympians Casey FitzRandolph and Suzy Favor Hamilton came together to promote a healthy eating and fitness program called "Movin' and Munchin' Schools" on the morning of May 18 at Boyceville High School. The crowd of more than 700 people consisted of students from Tiffany Creek Elementary School, Boyceville Middle School, Boyceville High School, parents, and the public. (The program was also repeated at Glenwood City High School that afternoon.)



Wisconsin Olympians Casey FitzRandolph and Suzy Favor Hamilton presented a program on wellness, "Movin' and Munchin' Schools," at Boyceville High School on May 18. SUBMITTED PHOTO

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 Boyceville School District was chosen as the site of the event because of its enthusiasm and commitment to nutrition and exercise programs for their students, staff and community alike. Boyceville has been a strong leader in the Movin' and Munchin' Schools program for a number of years.

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

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!"

Steve Lyons, public relations manager of the trust, said, "The WEA Trust, in partnership with DPI, school districts, and their employees, is very excited to see the continued success of the Boyceville program and to see it continue to be a leader on the issues of healthy lifestyle choices and nutrition.

"Movin' and Munchin' Schools, and other programs that stress sensible eating and physical activity, are making a difference in addressing the issues of obesity and healthy lifestyles."

Nick Kaiser, Tiffany Creek Elementary principal and emcee of the day's program, concluded, "The Boyceville School District makes exercise, healthy eating and making the right choices a priority in our educational system. It is a team effort that works because the students and staff work together as a team."

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

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