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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 mastering the three Rs.

That is why FitzRandolph and Favor Hamilton will join members of the Whitewater Unified School District, including students from Lincoln Elementary, Lakeview Elementary, Washington Elementary, Whitewater Middle School, and Whitewater High School to stress the importance of a healthy eating and fitness program for Wisconsin public schools called *Movin' and Munchin' Schools*.

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). It is offered in local schools and encourages kids, their families, and public school employees to eat healthy and have regular physical activity. Schools that participate in the Movin' and Munchin' program may receive up to \$1,000 in awards.

FitzRandolph, a 3-time Olympian, and 2002 gold medalist in the 500-meter, and Favor Hamilton, a 3-time Olympian and holder of 7 U.S. championships and 9 NCAA titles, serve as honorary chairpersons of the Movin' and Munchin' program.

**An estimated crowd of over 2,000 kids, public school employees, the public, and the media are expected to attend.**

The Whitewater School District was chosen as the site of the event because of their commitment to nutrition and exercise programs, as well as their focus on how a healthy body and mind leads to academic excellence in all Whitewater schools.

**EVENT**

**WHEN:** 1:15 p.m.  
Wednesday, October 14

**WHAT:** Movin' and Munchin' Event with Wisconsin Olympians Casey FitzRandolph and Suzy Favor Hamilton

**WHERE:** Whitewater High School  
534 South Elizabeth Street  
Whitewater, WI

The event will include speeches from:

- Olympians Casey FitzRandolph and Suzy Favor Hamilton
- Dr. Suzanne Zentner, District Administrator, Whitewater Unified School District
- Cindy Russell, Field Representative of WEA Trust
- Fred Evert, Executive Director of the WEA Trust

Plus highlight films of both Olympians.

**\*\* We ask the media and public to please check in at the school's front office. Once you check in, faculty will assist you to the gymnasium. \*\***

**Dr. Suzanne Zentner, District Administrator; Fred Evert, Executive Director of the WEA Trust; Suzy Favor Hamilton; and Casey FitzRandolph will be available for interviews after the event.**

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