



BARABOO NEWS REPUBLIC

Sauk County's Daily Newspaper

Thursday, December 11, 2008



weather



High: 23°F
Low: 5°F
Mostly Cloudy

poll

Wisconsin has a problem with drunk drivers. The Sauk County Tavern League's past president says there doesn't seem to be an interest in a county-wide safe-ride program. Would you support an effort to revitalize the program?

- Yes
- No
- Undecided

[current results](#)
[LOCAL](#) | [SPORTS](#) | [OPINION](#) | [OBITUARIES](#) | [CALENDAR](#) | [ARCHIVES](#) | [SPEAK UP](#) | [PORTAGE DAILY REGISTER](#) | [READER SERVICES](#)

LOCAL

[email story](#) [print story](#)

Olympians offer students message of good health

By Matthew Ryno / News Republic

Two world-renowned Olympians came to Jack Young Middle School to tell students they are capable of realizing their dreams and staying healthy.


Matthew Ryno/News Republic

Jack Young Middle School students formed the Olympic rings in honor of a visit by Wisconsin-native Olympians Casey FitzRandolph and Suzy Favor Hamilton, who helped kick-off a new wellness initiative on Monday. Middle-schooler Austin Sandoval tells three-time Olympian, Favor Hamilton, what five nutritious foods are. And he did it in under 10 seconds.

Speedskating gold medalist Casey FitzRandolph and Suzy Favor Hamilton, holder of seven U.S. championships in track and field, got a crowded gymnasium full of students excited for the kickoff of a new wellness program in the school Monday afternoon.

"Everyone is looking for a long term solution for obesity, (but) having an Olympian give kids time and say they're special goes a long way," Hamilton said.

The unique "Movin' and Munchin'" program is administrated through the Wisconsin Department of Public Instruction and the WEA Trust, a non-profit health insurer for teachers. The award-winning program encourages kids, families and employees to set goals to eat healthy and exercising regularly.

The program is visiting JYMS for the first time in its growing three-year past, and is now reaching out to over 130 schools in the state this year. A special grant of \$1,000 is awarded to selected districts that enroll and meet wellness goals.

WEA Trust President and CEO Fred Evert said the unique program is hoping to combat childhood obesity and get more parents and teachers involved as well. As part of the initiative to get teachers involved, a "Walk the Halls" program was started with staff at JYMS recently, and a program to get parents involved is being developed.

Evert said he was pleased the Baraboo School District is already accomplishing many healthy activities, like having a Walk and Bike to School Week, and using activity logs to track exercise goals with the help of pedometers thanks to the St. Clare Foundation grant money.

WEA Trust public relations manager Steve Lyons said he was also encouraged to see Baraboo join the program because Baraboo is doing "all the right things," with their wellness program.

To kick-off this newest wellness initiative, FitzRandolph and Hamilton connected with students to show they too used to grow up in Wisconsin, and how many of their long-term goals were begun early in life.

All students heard how FitzRandolph started competing in sports when he was five years old. Likewise, students heard of Hamilton's early inspiration in during a track-meet in sixth-grade.

"I remember this feeling to date, and it still gives me the chills ... I came across

OTHER STORIES IN LOCAL

- Barrett says he didn't hit his son
- Council eyes new look for old library
- UW-Baraboo presents results of master plan
- Boo-U campus targets living, learning center
- Baraboo dumped on by nine inches of white stuff

advertisement

Your career...
...is it a job or a calling to serve?

Join
St. Clare
Hospital.

Your Health Our Team
A Member of LSSM Health Care

Want to talk about your
future with St. Clare?
Contact HR at 608.356.1428
or visit stclare.com

stclare.com
St. Clare Hospital • Baraboo

advertisement

MOST VIEWED

- Church wants Vosen book destroyed
- Barrett says he didn't hit his son
- Mailbag 12/11
- Council eyes new look for old library
- Baraboo dumped on by nine inches of white stuff
- UW-Baraboo presents results of master plan

WISCNEWS

- Mayor uses veto on wheel tax
- Police battle high-tech, text-savvy criminals
- You better not pout
- Village ups budget 6.67 percent
- New Lisbon man charged in 2002 sexual assault
- Police arrest suspected graffiti artist

extras

- Sportmen's Showcase
- Daily Sudoku Puzzle

contact us

- Reader services
- Subscribe here
- Reach staff
- Newspapers in Education

the finish line and all of my little persons were chanting my name ... at that moment I knew I wanted to become a runner," she said.

• [Work for us](#)

"I'm no different than any of you (though)," Hamilton said. "We were just in the Olympics and that's it. You can do really great things if you put your mind to it and work very hard."

The two Olympians picked students out of the audience asked what their wellness goals were, and what they want to do later in life. Some students said sports, though when asked, some also chose backup-plans from jobs like being an anesthesiologist or a veterinarian.

Hamilton said goals to achieve in the long term were noteworthy, and every student should at least set simple goals of eating healthy and exercising.

Though she knew it can be tough and she talked about her stash of candy in her high school locker she liked to raid before class. She eventually made it her goal to stop eating the candy because it made her tired.

"I learned very quickly in high school that eating pizza, chips and soda may taste really good, but it gives you no energy," she said.

FitzRandolph said he too used to drink soda, and while it was tough to give up at first - the longer he went without it, the less he wanted it.

"If you give it a shot, it gets easier to quit," he said.

Ben Jones, JYMS principal, said students had prepared for the Olympic-sized visit by viewing information about them and writing down goals for being healthy. Those students with the best goals were recognized on Monday.

Jones said students will now construct more detailed wellness goals, and staff will begin logging the time they walk the halls. New pedometers will be arriving soon to further aid staff and students.

© 2008 Baraboo News Republic