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WEA Trust, DPI, and two Wisconsin Olympians join forces to spread the message of good health



Olympians Casey FitzRandolph and Suzy Favor Hamilton make their way through an eager crowd of students chanting "U-S-A" during a visit to Jack Young Middle School in Baraboo. The two have served as honorary co-chairs of the Movin' and Munchin' program since 2006, helping to more than double statewide school participation.

Two Wisconsin Olympians came together to promote a healthy eating and fitness program called "Movin' and Munchin' Schools" Monday (December 8, 2008) at the Jack Young Middle School in Baraboo. The crowd of roughly 900 people consisted of 6th-grade through 8th-grade students, school staff, parents, and the public.

The award-winning Movin' and Munchin' program, administered through the Department of Public Instruction (DPI) and sponsored by the WEA Trust 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.

To kick-off this newest wellness "challenge", speedskating gold medalist Casey FitzRandolph and Suzy Favor Hamilton, holder of seven U.S. championships and nine NCAA titles in track and field, connected with a crowded gymnasium full of students, telling them that many of their long-term goals began early in life as they grew up in Wisconsin.

"I'm no different than any of you," 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.

"The Movin' and Munchin' program helps 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 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!”

Fred Evert, President/CEO of the WEA Trust, stated, “The WEA Trust is proud to sponsor the Movin’ and Munchin’ program because of its focus on sensible eating and physical activity. The program is truly making a difference in addressing the issues of obesity and healthy lifestyles. I’m 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.”



Fred Evert

Ben Jones, JYMS principal, said students had prepared for the Olympic-sized visit by viewing information about their visitors and writing down their own goals for being healthy. Those students with the best goals were recognized during the event.

Jones said, “I am very proud of the students and staff in the Baraboo School District and their commitment to healthy eating and exercise, but encourage and challenge us all to do even more. I think Movin’ and Munchin’ and its commitment to healthy eating and exercise is a program that we in Baraboo will want to be part of.”

Additional event photos and information about the Movin’ and Munchin’ program can be found at movinandmunchin.com.

Photo Captions:

Image 5: Fred Evert, President/CEO of the WEA Trust, welcomed students and staff to the Movin’ and Munchin’ challenge event in the gymnasium of JYMS on Monday. He commended the Baraboo School District for their current health and wellness activities.

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