



February 21, 2010

Olympians to help kick off 'Munchin' & Movin' program at Cedar Grove event

Wisconsin Olympians Casey FitzRandolph and Suzy Favor Hamilton will join students and staff of the Cedar Grove-Belgium Area School District at 1 p.m. Thursday, Feb. 25 to stress the importance of a healthy eating and fitness in a program for Wisconsin public schools called "Movin' and Munchin".

The program, administered through the Department of Public Instruction and sponsored by the WEA Trust, encourages kids, their families and public school employees to eat healthy and have regular physical activity 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.

FitzRandolph, a three-time Olympian, and 2002 gold medalist in 500-meter speed skating, and Favor Hamilton, a three-time Olympian and holder of seven U.S. championships and nine NCAA titles in running, serve as honorary chairpersons of the Movin' and Munchin' program.

An estimated crowd of more than 800 kids, public school employees and the public are expected to attend. The entire student body of the Cedar Grove-Belgium Grade School and the Cedar Grove-Belgium Middle School will attend.

The Cedar Grove-Belgium Area School District was chosen as the site of the event because of its commitment to nutrition and exercise programs. Cedar Grove-Belgium schools have been leaders in the "Movin' and Munchin" program. Cedar Grove-Belgium schools have combined a book drive with their program. The district collects books and then "walks" the books to a school district in the United States that is dealing with poverty.

This year's walk is to the school district of Demopolis, Ala., a district in which 95 percent of the children live in poverty.

Additional Facts

DreamBikes bike drive

DreamBikes, a program that provides bikes as well as valuable skill training for underprivileged youth, is holding a bike drive at the Cedar Grove-Belgium Middle School (north parking lot) on Thursday, Feb. 25, from 3:15 to 4:15 p.m., in conjunction with "Movin' and Munchin' Schools." Wisconsin Olympians Casey FitzRandolph and Suzy Favor Hamilton will be present to sign autographs for those donating gently used adult and kids' bikes.

All donated bikes are tuned by DreamBikes staff, members of The Boys and Girls Club's "Job Ready" program. The bikes are then sold at a greatly reduced price in hopes of providing affordable means of transportation to communities in need.

All bike donations are tax deductible.
