

February 3, 2010

## Grant to help teach about fitness

*Submitted story*

PORT CLINTON -- Port Clinton Middle School students will have a new opportunity this spring thanks to a new program developed by Angela Reineck, school nurse, and Jenifer Dackermann, physical education teacher.

They applied for and received a \$500 grant from the Ohio Action for Health Kids Zone 1 (Ohio AFHK) Coalition to be used for improving the health status of children in local schools in Northwest Ohio.

The grant-funded program will be an after school running and fitness program for students in grades six, seven and eight.

During the program, participants will meet twice each week to walk, run, circuit train and learn about core strengthening in an effort to increase physical activity in middle school students. A simple survey taken by all students at Port Clinton Middle School stated that 37 percent of the students would be interested in joining an after school fitness program.

By expanding physical education programs beyond the school day, Port Clinton Middle School students will have the opportunity to become healthier and more physically active by participating in an after school running and fitness program. The ultimate goal is to provide students with the knowledge and skills for proper running and circuit training and continue the activity at the end of the organized program.

"Running requires very little equipment, so it is an affordable way for students to stay fit," said Reineck.

Information about the new program will be sent home with students and available online at the school Web site, [www.pccsd.net](http://www.pccsd.net) in March.

Ohio Action for Healthy Kids is a non-profit national and statewide initiative dedicated to improving health and academic performance of children through better nutrition and physical activity in schools.

For information on Ohio AFHK and the initiative, visit [www.ohioactionforhealthykids.org](http://www.ohioactionforhealthykids.org) and [www.actionforhealthykids.org](http://www.actionforhealthykids.org).

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