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Local Children's Health Crusader Receives National Honor

Olympia's Adam Fletcher Recognized for Commitment to Healthy Kids

Chicago (October 4, 2010) – [Action for Healthy Kids](http://ActionforHealthyKids.org), America's largest non-profit volunteer organization working with schools to fight childhood obesity and improve children's health, has named Olympia's Adam Fletcher a 'Healthy School Hero,' a national honor bestowed on just five individuals each year for their commitment to making schools – and children – healthier. Nominated by his peers, Fletcher received the award at a ceremony in Chicago during the launch of *Get in the Action*, Action for Healthy Kids' new national healthy school service initiative.

Fletcher is the founder of the internationally recognized Freechild Project, which advocates and celebrates social change led by young people throughout the world. Using his experience organizing youth, Fletcher implemented Students Taking Charge, a teen-led initiative to improve children's nutrition and physical activity, in 10 Washington high schools. Fletcher is co-chair of the Washington Action for Healthy Kids team, where he has mobilized dozens of new local, grassroots organizations and individuals to take action with Action for Healthy Kids.

"We are proud to honor Adam Fletcher for empowering Washington youth to make schools healthier for all children, and for recruiting and motivating others to get involved in helping schools become healthier places" says Rob Bisceglie, executive director of Action for Healthy Kids. "His efforts truly exemplify a 'healthy school hero.'"

Four other Healthy School Heroes – from Maryland, Kentucky, Florida and Kansas – were also cited for their unflinching commitment to healthy children and schools.

About Action for Healthy Kids

[Action for Healthy Kids](http://ActionforHealthyKids.org)® is the nation's leading nonprofit and largest volunteer network fighting childhood obesity and undernourishment by helping schools become healthier places and our kids learn to eat right, be active every day and be ready to learn. A collaboration of more than 70 organizations, corporations and government agencies supports grassroots efforts by thousands of volunteers nationwide. Last school year, Action for Healthy Kids reached more than 4.5 million students in 9,200 schools.

More information, including photos of children in action, is available at www.ActionForHealthyKids.org and on [Facebook](https://www.facebook.com/ActionforHealthyKids) and on [Twitter](https://twitter.com/ActionforHealthyKids).

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