

**For Immediate Release**

**October 25, 2006**

**LOCAL TEACHERS TO LEARN HOW TO GET STUDENTS MOVING**  
*NC Health and Wellness Trust Fund Chair Lt. Gov. Bev Perdue to Visit Local  
Elementary School to Promote Physical Activity in Schools*

**(KERNERSVILLE, NC)** — Lt. Gov. Bev Perdue, NC Health and Wellness Trust Fund (HWTF) chair, will address teachers and local dignitaries at Cash Elementary School at a “Fit Kids” teacher training and classroom-based physical activity demonstration held at the school tomorrow.

The training is one of several hundred funded statewide by HWTF to support implementation of the Healthy Active Children Policy that was adopted by the State Board of Education last year, requiring 30 minutes of physical activity during each school day for all students K-8. The training will cover research-based classroom activities found on the Fit Kids website ([www.FitKidsNC.com](http://www.FitKidsNC.com)). These activities have been designed for incorporation into the teachers’ daily lesson plans.

**WHO:** Lt. Gov. Bev Perdue, NC Health and Wellness Trust Fund chair; Judy Jones, principal Cash Elementary School; Donald L. Martin; Winston-Salem/Forsyth County Schools superintendent; teachers, educators and students,

**WHAT:** “Fit Kids” teacher training and demonstration. Lt. Gov. Perdue will give remarks, followed by a class activity demonstration led by fifth grade teacher Michele Fox, a Healthy Active Children Policy master trainer.

**WHEN:** **Thursday, Oct. 26, 2006**  
**1:30 p.m.**

**WHERE:** **Cash Elementary School**  
**4700 Old Hollow Road, Kernersville**  
**\*All media must check in at front desk**

**BACKGROUND:** Recent statistics show that over 24 percent of children between the ages of five and 11 in North Carolina are overweight. Although the Centers for Disease Control and Prevention (CDC) recommends children get a minimum of 60 minutes of physical activity each day, the state’s youth is more inactive than ever before. The NC Health and Wellness Trust Fund is working to promote physical activity in schools to ensure that all children in North Carolina’s public schools have the opportunity to learn and live in a healthy environment.

**ABOUT THE NC HEALTH AND WELLNESS TRUST FUND**

*The NC Health and Wellness Trust Fund makes North Carolina stronger, both physically and economically, by funding programs that promote preventive health. Created by the General Assembly in 2000 to allocate a portion of North Carolina's share of the national tobacco settlement, HWTF has invested \$127 million to support preventive health initiatives and \$78 million to fund a prescription drug assistance program. For more information, please visit [www.HealthWellNC.com](http://www.HealthWellNC.com)*

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