

FOR IMMEDIATE RELEASE

Contact: Heidi Kessler, kesslh@mmc.org

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Local Elementary School Recognizing the Importance of Healthy Students

Pleasant Hill Elementary School in Scarborough is providing its students with innovative opportunities to practice healthy lifestyles at school. The healthy behavior mnemonic 5-2-1-0 is being reinforced daily both by teachers and students alike. Student learning is enhanced by the opportunity to get moving every day. Students can choose among the 'mileage club', the 'jump rope club' or the 'Exercise US' program. To start the day off right, the school encourages students and staff to 'Walk or Wheel to School' every Wednesday. Teachers lead students in movement breaks between lessons. In May, parents will be invited to participate in a school wide walk to celebrate *All Children Exercise Simultaneously* day, where children nation wide will be actively playing.

Pleasant Hill is also providing students with an environment that supports healthy eating. They recently ate their way through all the colors of the rainbow and have significantly reduced sweet treats for rewards. A building wide policy limits the amount of cupcakes and unhealthy snacks that enter the building and water is always available to keep kids hydrated without added sugar. Three cheers for Pleasant Hill and their dedication to raising a healthier generation of children. For more information about Let's Go!/5-2-10 Goes to School at Pleasant Hill Elementary School, contact Principal Kelly Mullen-Martin or Physical Education teacher, Betsy Gianetta at 207-730-5250.

For more information on Let's Go! contact United Way of Greater Portland at 874-1000 or visit www.letsgo.org.

Let's Go! promotes healthy lifestyle choices for children, youth, and families in 12 Greater Portland communities by focusing on physical activity and healthy eating. The multi-year project is funded by Let's Go Founding Partners Anthem Blue Cross Blue Shield Foundation, TD Bank, Hannaford, MaineHealth, Maine Medical Center, Unum, and United Way of Greater Portland. The program also receives significant support from the Harvard Pilgrim Health Care Foundation, The Mattina R. Proctor Foundation and The Barbara Bush Children's Hospital at Maine Medical Center. Let's Go! works collaboratively with the public health professionals, community based organizations and programs working to increase physical activity and improve nutrition among children and families in the Portland area. Let's Go! was created in direct response to a doubling in the rate of obesity in Maine's children over the past three decades.

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