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KIDS FITNESS CHALLENGE AWARDS FOUR MASSACHUSETTS SCHOOLS WITH \$500 GRANTS
The Bay State Games' fitness program provides commonwealth schools with valuable funding

WOBURN - The Massachusetts Amateur Sports Foundation (MASF), organizers of the Bay State Games, are excited to name the winners of the Kids Fitness Challenge for November 2009. The four recipients of a \$500 grant are Alice B. Beal School (Springfield, MA), Arlington Elementary School (Lawrence, MA), Stony Brook Elementary School (Brewster, MA) and Woburn Street School (Wilmington, MA).

"Once again we had a blast," said Mary Genois, physical education teacher at Stony Brook Elementary School, which is a veteran to the Challenge. "My whole school is talking about what a great way it was to start the day! We danced the Virginia Reel in the cafeteria, participated in ball relays in the gym, and walked the halls of the school with some very enthusiastic 'tour guides.' We moved for a continuous 30 minutes, and trust me, many of the staff as well as the kids were worn out by the end."

In total, 21,228 kids from schools across the commonwealth took part in the fall edition of the Kids Fitness Challenge. This was the largest number of participants in the three year history of the program with the total representing a 25 percent increase from the previous high in the fall of 2008. Schools from Bourne to Swampscott and Boston to Pittsfield took advantage of the program, making it a true state-wide event.

The Kids Fitness Challenge, presented by the Bay State Games with contributing funds from the Boston Bruins Foundation, is a free program designed exclusively for Massachusetts elementary and middle school students. Participating schools and students engage in a 30 minute segment of physical activity on a selected day the week of November 16. After the schools completed their activity with 100 percent student participation, each was entered into a drawing to win one of four \$500 grants. The grant is awarded to the winning school to support health and physical education programs.

Since November of 2006, the Kids Fitness Challenge has attracted nearly 100,000 elementary and middle school students from across the commonwealth with \$12,000 in cash grants distributed to selected schools that participated.

The Bay State Games will hold the next Kids Fitness Challenge in April of 2010. For your school to receive more information about the Kids Fitness Challenge, please visit BayStateGames.org, call Peter Cohenno at the Bay State Games office at (781) 932-6555 or e-mail peter@baystategames.org.

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