



Media Advisory

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April 3, 2006
FOR IMMEDIATE RELEASE.

Fitness Walk at Griffith Elementary to Commemorate Public Health Week Senator Valerie Weiner, a long-time proponent of fitness training, will walk with students

- WHAT** Fitness walk for local elementary students to commemorate National Public Health Week and encourage physical fitness.
- WHEN** **April 5, 2006, from 9:00 a.m. to 11:45 a.m.**
Three separate walks will take place during regularly scheduled physical education periods, beginning at 9 a.m., 9:55 a.m. and 10:50 a.m.
- WHERE** Griffith Elementary School
324 Essex East Dr
Las Vegas, NV 89107
- WHY** National Public Health Week is April 3 – 9, 2006. This year’s theme is Designing Healthy Communities: Raising Healthy Kids. Wednesday, April 5 focuses on “Surrounding Our Kids with Physical Activity”

Kids need regular physical activity to stay physically fit and healthy. Obesity, asthma, diabetes, arthritis, depression, heart disease and high blood pressure are a few of the chronic diseases associated with a lack of physical activity.
- VISUALS** Students participating in the fitness walk. Senator Valerie Wiener walking with the elementary school students. Students receiving pedometers, and being instructed by teachers on how to use them. Students receiving “smart snack sacks” containing healthy alternatives to high-sugar, high-calorie foods.

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