

On Wednesday Sept. 1, fourth grade students from across the eight county health district participated in a one-day health and fitness day hosted by McCook Public Schools and Southwest Nebraska Public Health Department.

Schools participating in the event include: St. Patrick's - McCook, McCook Central Elementary 4th grade, Eustis-Farnam, Medicine Valley, Hitchcock County, Wauneta/Palisade, Chase County, Perkins County, Dundy County, Hayes Center, Arapahoe, Southwest and Southern Valley.

Nebraska Kids Fitness and Nutrition Day (NKFND) was developed and funded, in part, by the Nebraska Beef Council and the University of Nebraska at Kearney.

Donations were also received from sponsoring business throughout the health district.

This one-day event included six nutrition stations and 16 fitness stations. The kids rotate through the events spending 18 minutes at each nutrition station and seven minutes at each fitness station.

The nutrition stations included information on proper hand washing, label reading, my pyramid food guide, picking appropriate snacks, picking proper portion sizes and energy balance.

Fitness stations included obstacle course, parachute, soccer shots, scoops relay, torch relays, fitness balls, and step aerobics, twister and more.

To learn more about the event, contact Southwest Nebraska Public Health Department @ 308-345-4223 or view photo albums of the event at www.swhealthdept.com.