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**(After Hours)**

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**FOR IMMEDIATE RELEASE**

**APOGEE FIT KIDS CHALLENGE WINNERS ANNOUNCED  
County Executive Recognizes 3 schools for Fit Kids Participation**

More than 1,053 children from 14 schools in Westchester participated in the Apogee Fit Kids Challenge, County Executive Andy Spano today announced. This do-it yourself activity invited students to award themselves points for engaging in physical activity, limiting their TV and gaming time and eating healthy snacks. It engaged parents in the process by asking them to sign off on their accomplishments.

“By practicing healthy behaviors at home and at school, all these children demonstrated they are winners,” said Spano. “We hope they will continue to exercise and eat right and will serve as role models to their peers and their parents throughout the county.”

Spano recognized the schools with the top three highest participation rates with a Certificate of Achievement. They were Brookside Elementary School in Yorktown Heights, with a 60 percent participation rate; the Paideia School 24 in Yonkers, with a 36 percent participation rate and Columbus Elementary School in Mount Pleasant, with a 35 percent participation rate.

Participating parents, administrators, faculty and staff from Brookside Elementary School will receive a complimentary one-week membership to APOGEE Pilates & Wellness Centers in Bedford Hills or White Plains, NY.

“Good nutrition and physical fitness create a lifetime of health and happiness for adults and children alike,” explained APOGEE founder Stacy Ciaravella. She continued, “Committed to inspiring wellness for life, APOGEE Pilates & Wellness Centers was thrilled to be a part of the 2009 Fit Kids Challenge. The level of family participation in this program proved that nurturing healthy choices is a priority for all ages. We congratulate Brookside Elementary School and all schools that participated in the challenge. Certainly, healthy

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eating and the motivation to exercise start at home and continue in our schools. At APOGEE, we aspire to build supportive communities both in and around our Centers and are particularly proud to be a partner to this successful wellness initiative.”

Fit Kids is a Health Department program that encourages schools in Westchester to fight childhood obesity. School districts have planned activities and offered healthy food alternatives, helping students to make better choices. To learn more about Fit Kids, go to [www.westchestergov.com/health/FitKids.htm](http://www.westchestergov.com/health/FitKids.htm) or call 914-813-5000.