



# news release

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**MEDIA ADVISORY**  
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## **SCHOOL'S OUT – KIDS GET MOVING!**

School is almost out for the summer, and **Westchester County Executive Andy Spano will be at Sullivan Oval Park in Yonkers on Thursday at 10 a.m.** to make sure students at Elementary School 23 in Yonkers are off to a fit and healthy summer.

As part of the County's BE FIT program, kids will start by maneuvering their way through an obstacle course set up by the Parks Department's Fit-Mobile. They will use hula hoops, jump ropes and balls provided by the Fit-Mobile to try some easy, low-cost ways to keep moving this summer. The park is next to the school at Van Cortlandt Park Avenue at Spruce Street. The fun will continue at the park after school ends for the year at 12 p.m., and the Health Department will offer activity tips for parents, free Frisbees for the kids and brochures about healthy lifestyles to set the tone for a summer of fun.

"We want kids to stay active and off the couch all summer," said County Executive Andy Spano, who plans to stop by to greet students at 10 a.m., and will be joined by County Legislators Jose Alvarado and Ken Jenkins, along with Westchester County Health Commissioner Dr. Joshua Lipsman and Yonkers Schools Superintendent Bernard P. Pierorazio. "This is an extension of our Fit Kids initiative to encourage good habits that will lead to healthier lifestyles for our young people."

"Summer vacation is a great time for kids to get an extra dose of healthy physical activity," said Dr. Lipsman. "But without guidance, many kids spend their time in front of the TV or video games. Over time, this can have serious consequences for children's health."

**MORE**

Lack of sufficient physical activity is a primary cause of obesity among children. Childhood obesity is a serious problem in Westchester and throughout the United States. Based on a study conducted last year, the Westchester County Health Department estimates that one in three elementary school children in the county is overweight or in danger of becoming overweight.

Overweight and obesity are significantly associated with an increased risk of diabetes, high blood pressure and high cholesterol. On the other hand, regular physical activity helps reduce the risk of developing those chronic conditions, helps build healthy bones and muscle, and promotes confidence and psychological well-being.

For more information, please call the Westchester County Department of Health at (914) 813-5000 or visit the Health Department website at [www.westchestergov.com/health](http://www.westchestergov.com/health).