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NEWS RELEASE

FOR IMMEDIATE RELEASE
May 6, 2011

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FREE Family Fun Run to be Held Saturday, May 21 in Idaho Falls

Miss Idaho Falls, Kelsie Roper, and Eastern Idaho Public Health District wrap up their campaign encouraging kids to "Fuel Up to Play 60!" with a FREE Family Fun Run/Walk this Saturday.

This FREE family event will be held at Community Park in Idaho Falls on Saturday, May 21, 2011 at 10:00 .am. The first 150 kids will receive a free T-Shirt. There will also be many prizes and giveaways for attendees from sponsors such as bikes, sports balls, and tickets as well as free healthy snacks provided by the Idaho Dairy Council. Miss Idaho Falls will also be on hand to run, walk, and interact with the families.

Through this partnership between Eastern Idaho Public Health District and Miss Idaho Falls, local elementary schools received a high-energy, interactive assembly encouraging kids to eat healthy and play strong. During the past four months, 7,210 students in 16 elementary schools within four schools districts were taught to fuel their bodies with nutrient-rich foods and to move for at least 60 minutes every day.

For more information, contact Kaylene, Health Education Specialist at Eastern Idaho Public Health District by calling 533.3150 or by e-mail at kcraig@phd7.idaho.gov.

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