

**B-H-K Child Development Board  
700 Park Avenue  
Houghton, Michigan 49931**

Serving Children & Families  
through:  
Head Start/Preschool,  
Early Start,  
Child Care,  
Even Start,  
AmeriCorps, and  
Other Family Services

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**FOR IMMEDIATE RELEASE**

**Hundreds of B-H-K children to take part in statewide exercise initiative**

HOUGHTON – Hundreds of children in B-H-K Child Development Board preschool/childcare classrooms will join with thousands of Michigan schoolchildren in an exercise initiative on Wednesday, May 1, 2002.

At 10 a.m., an estimated 330,000 children across the state will take part in a nationwide effort called All Children Exercise Simultaneously. Locally, more than 600 children from B-H-K's 18 preschool/childcare centers will participate.

"This project really increases awareness about the importance of physical activity for preschoolers as well as adults – that's why we decided to join this effort," said Erin Carter, B-H-K wellness coordinator.

Prominent local athletes or school officials will lead exercise sessions in some B-H-K classrooms while others will be led by teachers or parents. Celebrities tentatively include Michigan Tech University basketball players as well as Hancock High School Principal John Sanregret, Hancock Elementary Principal Ed Longenecker and Calumet-Laurium-Keweenaw Superintendent Raymond Tiberg.

Sponsored by the Governor's Council on Physical Fitness, Health and Sports and Farm

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Bureau Insurance, ACES attempts to show children that physical fitness can be fun. Sadly, many of the nation's children are overweight, a condition that can be a risk factor for chronic diseases including heart disease and Type 2 diabetes. Exercising at least 20 minutes a day most days of the week can significantly lower that risk.

"Studies show that over 30 percent of kids today are overweight and much heavier than kids just a generation ago," said Dr. Terry Frankovich, a pediatrician and B-H-K health director. "Much of this is due to less physical activity because of computers, video games, TV, remotes, cordless phones, car and bus rides to school. In fact, with all of today's technology, we actually have to plan for exercise in order for it to happen."

All parents are welcome and encouraged to help lead exercise in their child's class. To volunteer, parents should contact their child's teacher. Due to scheduling, some B-H-K classrooms will join the exercise effort at 10:30 a.m. or 1 p.m.

For more information about ACES or other programs of the Governor's Council on Physical Fitness, visit [www.michiganfitness.org](http://www.michiganfitness.org) or call 800-434-8642.