

Port Jervis Middle School
1/23/07

Interactive fitness show highlighted Health Fair

- The Middle School promoted healthy behaviors for students by sponsoring a **Health and Wellness Assembly and Fair Tuesday, Jan. 23**. The event launched the **Middle School's participation in the Fit Kids of Hudson Valley Program**, a new program initiated through the Orange County Department of Health that encourages healthy eating and physical activity behaviors.
- To kick off Fit Kids, the Middle School offered students a motivating assembly presented by an educational trainer. The assembly featured an interactive exercise show that taught about exercising while exercising and about nutrition through movement. Student feedback was overwhelmingly positive.



- They loved the assembly and the Health Fair stations, especially the presentations by a D.A.R.E. Officer, the NY Conservation Alliance, and a music teacher. Students also enjoyed the healthy snacks provided by Food and Consumer Science Department.