

## Media Release

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FOR IMMEDIATE RELEASE

(Aurora, OH) Valley Christian Academy – a combined elementary and junior high school in Aurora, Ohio, stands alone in the race to fight obesity among children. Their annual mile run, „Race for the Crown“ will be held this Wednesday to celebrate those that have reached a milestone in physical fitness and continuing to combat the standards of their generation extra large.

First year gym teacher at Valley Christian Academy, Maren Morgan, is taking fitness to the next level with the children. Mrs. Morgan is encouraging the children to not just reach the minimums for the Presidential Physical Fitness, but to achieve their personal best in all sports and physical activity. She strives to teach the children as well as their parents that physical activity in gym every week is not enough and that they must achieve at least 60 minutes of activity every day in order to be fit.

On Wednesday, October 18, 2006, the VCA will sponsor their annual mile run race. During the fall season, all children try to get their qualifying time for the Presidential Fitness Challenge. However, Valley Christian has a special mile run race for all that qualify under 8:06. This time is faster than the optimal time for most children in this age group according to the Presidential physical fitness charts. Children as young as 7 and as old as 13 will compete against themselves in the annual „Run For The Crown“ race. This has been a long tradition in VCA history dating back at least 10 years. The children at VCA get to celebrate their gift of running and continue to encourage higher standards for physical fitness.

According to Newsweek, “Almost one third of American kids are considered overweight, and nearly one in six is obese.” In an effort to translate unhealthy habits into lifelong lifestyle changes, Mrs. Morgan is strengthening the exercise and fitness program at Valley. In fact, when many schools are encouraging more competition for the children that are already active, which the

children can get in any intramural or recreation league, Mrs. Morgan is encouraging physical education, not physical competition. She is trying to teach the children fundamentals of all sports to learn for a lifetime. The earlier these changes take place, the better chance it will carry over into adulthood. Mrs. Morgan wants fitness to be fun for kids of all ages and wants to give every child an opportunity to succeed.

On, Wednesday, October 18, 2006, the 40 + children that qualified for the big ,race will be cheered to victory. As they run their mile, parents, teachers and students will encourage and cheer them to see it through to the end. As in life, we all have a journey to race, and we will all finish at different times and places. Our journey is what is important, not in what place we finish.

For more information about Valley Christian Academy, please visit our site at [www.valleychristian.com](http://www.valleychristian.com).