

County of Santa Clara

Public Health Department

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Latino College Preparatory Academy's Fitness Challenge Teaches Students Healthy Habits for Life During National Nutrition Month®

San Jose, CA – On Friday, March 2, 2007, staff and students at the Latino College Preparatory Academy (LCPA) will kick-off a five-week Fitness Challenge in celebration of the American Dietetic Association's national campaign in March, National Nutrition Month®. This event is the first of its kind on the LCPA campus. The goal of the Fitness Challenge is to motivate and empower students to increase consumption and enjoyment of a variety of colorful fruits and vegetables and engage in physical activity every day.

The Fitness Challenge promotes healthy lifestyle choices by encouraging students to eat smart and be active. It builds morale, reduces stress, and helps students enjoy the benefits of good health through a fun, group activity. During the five-week challenge, students will take part in teams by recording their total servings of fruits and vegetables and their minutes of any physical activity to score points.

Diabetes, hypertension and other obesity-related chronic diseases that are prevalent among adults have now become more common in youngsters. The percentage of children and adolescents who are overweight and obese is now higher than ever before. Poor dietary habits and inactivity are reported to contribute to the increase of obesity in youth. In Santa Clara County, results of the 2004 California Healthy Kids Survey (CHKS) reveal that youth in elementary, middle, and high schools consistently fail to meet the recommended daily consumption of fruits and vegetables. In addition, the lack of physical activity among Asian, African-American, and Hispanic students can lead to health problems associated with overweight and obesity.

The five-week Fitness Challenge is being conducted in partnership with Santa Clara County Public Health Department's *California Nutrition Network* and Steps to a Healthier Santa Clara County programs and the Latino College Preparatory Academy and Diabetes Society.

What: Latino College Preparatory Academy Student Fitness Challenge
Kick-off Rally

Where: The National Hispanic University
14271 Story Road, San Jose

When: Friday, March 2, 2007
11:00 – 11:30 am