

MEDIA ALERT

FOR IMMEDIATE RELEASE

Nov. 7, 2007

Photo and interview opportunities available



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Cindy Lou Aillaud
AKAHPERD President

Educators Convene in Anchorage to Fight Youth Obesity Through Health and Fitness Initiatives

November declared Healthy Futures Month in Alaska

WHAT: Ensuring healthy futures for Alaska youth is top priority for local and state agencies, businesses, nonprofit organizations and concerned parents united under the Healthy Futures movement to get more kids physically active for life.

It is also the topic for the Alaska Association for Health, Physical Education, Recreation and Dance (AKAHPERD) 2007 Convention, Nov. 9 - 10, 2007, in Anchorage, Alaska.

Brief presentations will be made during a Healthy Futures reception, **6 p.m., Friday, Nov. 9, 2007**, by the following individuals to announce Healthy Futures Month, recognize and honor outstanding health and physical educators in Alaska and celebrate the commitment to and success of the Healthy Futures movement.

- Dr. Jay Butler, director of the Alaska Division of Public Health
- Anchorage Mayor Mark Begich
- Anchorage School District Superintendent Carol Comeau
- Eric Heil, 2006 Alaska Health Educator of the Year, Healthy Futures Local Fitness Champion and five-time Arctic Man Ski and Sno-Go champion.
- Cindy Lou Aillaud, current AKAHPERD President, 2006 Alaska Physical Education Teacher of the Year, Healthy Futures Local Fitness Champion and published author of *Recess At 20 Below*

WHERE: Healthy Futures Reception: Alaska Native Heritage Center
Conference: Nicholas J. Begich Middle School, 7440 Creekside Center Dr.

WHEN: Healthy Futures Reception: 6 p.m. Friday, Nov. 9, 2007
Conference: 8:30 a.m. – 4 p.m., Friday, Nov. 9, 2007
8:30 a.m. – 4 p.m., Saturday, Nov. 10, 2007

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WHO: Healthy Futures is a statewide, grassroots movement to empower Alaska youth to get in the habit of daily physical activity through sponsorships and core programs.

Healthy Futures is presented in partnership with through the Alaska Association of Health, Physical Education, Recreation and Dance (AKAHPERD).

Through sponsorships, Healthy Futures advocates the benefits of physical fitness, provides tools for teachers and parents who motivate children to assume physical activity into their daily routine and promotes youth attendance at recreational events. Incentives are provided to motivate youth involvement in keeping activity logs and participating in community events

For more information on Healthy Futures visit www.healthyfuturesak.org.

AKAHPERD's mission is to promote and support creative and healthy lifestyles through high quality programs in health, physical education, recreation, dance and sport, and to provide members with professional development opportunities that increase knowledge, improve skills, and encourage sound professional practices. For more information on AKAHPERD visit www.akahperd.com.

WHY: Continuing research indicates a direct link between poor nutrition, physical inactivity and academic achievement. The AKAHPERD convention provides an important forum for physical education professionals from around Alaska to network with colleagues, national fitness and nutrition experts on issues affecting student health and education.

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