



**MEDIA ALERT**

**MEDIA CONTACT:** Bonny Sosa, founder and director, Healthy Futures  
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**Grassroots Alaska Program Focused on Getting Youth Active  
Earns National Recognition**

*Anchorage Students and School District receive honors at School Board Meeting*

**WHAT:** ConocoPhillips Healthy Futures will present grand prize sports equipment packages to two elementary students during the Anchorage School District (ASD) Board Meeting, Monday, Sept. 10, 2007.

The Anchorage students became eligible for the random drawing by completing Healthy Futures Activity Logs and participating in Healthy Futures events between June 1, 2006, and May 31, 2007.

Additionally, Healthy Futures will present ASD with the American Alliance for Health, Physical Education, Recreation, and Dance School-Community Recognition Award -- a national award that recognizes service and leadership in promoting healthy, active lifestyles through school and community partnerships. The award was presented to Healthy Futures at the national convention in Baltimore.

The following individuals will make brief presentations:

- Dorothy Orr
- Rebecca Reichlin
- Kikkan Randall, 2006 Winter Olympian and Healthy Futures Spokesperson

**WHEN:** ASD School Board Meeting,  
6:30 p.m. Monday, Sept. 10, 2007

**WHERE:** ASD Education Center, 5530 E Northern Lights Blvd  
Conference Room 150

**WHY:** In a collaborative study conducted by the Anchorage School District and The State of Alaska, Division of Public Health it was found that 36 percent of all Anchorage School District students and 32 percent of kindergarten and first grade students were overweight or at risk for becoming overweight.

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Schools have the potential and responsibility to help children develop the skills, knowledge, and confidence necessary to adopt and maintain a healthy lifestyle, but they can't be expected to solve the problem alone. Parents, community members, health care providers and others must be involved in the effort to ensure students enter school at a healthy rate and maintain a healthy weight over time.

**WHO:** Founded by concerned parents, ConocoPhillips Healthy Futures is a statewide, grassroots movement to empower Alaska youth to lead more physically active lifestyles through two core programs -- the Healthy Futures Activity Logs and promoting youth attendance at fitness events.

Physical education teachers and other faculty have been the rallying force behind the success of Healthy Futures by encouraging students to complete the Healthy Activity Logs, administering the incentives, as well as running before/after school fitness programs and training sessions that prepare students for local fitness events.

As a result of their efforts, 5,254 students from across Alaska completed nearly 11,000 Healthy Futures Activity Logs during the annual program, which ran June 1, 2006 – May 31, 2007.

Learn more about Healthy Futures at [www.healthyfuturesak.org](http://www.healthyfuturesak.org).

Healthy Futures is presented in partnership with Alaska Association for Health, Physical Education, Recreation and Dance (AKAHPERD), and made possible by ConocoPhillips. . Healthy Futures is supported and administered through the Alaska Association of Health, Physical Education, Recreation and Dance (AKAHPERD) and made possible by ConocoPhillips Alaska, Inc. For more information on AKAHPERD visit [www.akahperd.com](http://www.akahperd.com)

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