



PRESS RELEASE

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For Immediate Release

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Wisconsin Olympians Join Forces to Stress School Health and Fitness Program for Kids, Their Families, and School Employees of the Whitewater Unified School District

Whitewater...Wisconsin Olympians Casey FitzRandolph and Suzy Favor Hamilton came together to promote healthy eating, fitness, and the role they play in academic excellence, through a program called “Movin’ and Munchin’ Schools” today at Whitewater High School. The crowd of over 2,000 people consisted of kindergartners through twelfth grade students from all of the Whitewater Unified School District’s schools, schools’ staffs, parents, school board members, business partners, media, and the public.

The Movin’ and Munchin’ program is administered through the Department of Public Instruction (DPI) and sponsored by the WEA Trust (a not-for-profit group health insurer that insures many Wisconsin public school employees). The program encourages kids, their families, and public school employees to eat healthy and exercise regularly through the program offered in their local schools. Schools that participate in the Movin’ and Munchin’ program may receive up to \$1,000 in awards.

Whitewater was chosen as the site of the event because of their strong commitment to health and wellness and how fitness plays a key role in a child’s academic achievements. Currently all five of Whitewater’s schools have signed on to participate in the program and may be eligible for the program’s highest financial award.

Schools participating at the event were:

Lincoln Elementary
Lakeview Elementary
Washington Elementary
Whitewater Middle School
Whitewater High School

FitzRandolph, a 3-time Olympic speed skater and 2002 gold medalist in the 500 meters, and Hamilton, a 3-time Olympian and holder of 7 U.S. championships and 9 NCAA running titles, serve as honorary chairpersons of the Movin’ and Munchin’ program.

“The Movin’ and Munchin’ program helps kids and their family members focus on the right tools to achieve their goals,” said FitzRandolph. “Physical activity and eating right is the foundation for kids to perform well.”



Suzy Favor Hamilton added, “Achieving your goals comes from hard work, determination, and being smart about what you eat. Exercise and healthy eating every day makes for a winning combination for kids, their families, and the staff in Wisconsin’s great schools. I encourage kids and adults alike to find an exercise they can enjoy together and get moving!”

Fred Evert, Executive Director the WEA Trust, stated, “The WEA Trust, in partnership with DPI, school districts, and their employees, is thrilled to see the Whitewater Unified School District take a leadership role in this great program by having all of its schools participate. They are setting the bar high for the rest of Wisconsin!”

Dr. Suzanne Zentner, District Administrator of the Whitewater Unified School District, concluded, “I am very pleased to see the interest of the Whitewater School District students and staff on preventative health measures and recognizing their inextricable link to academic excellence. Having all of our schools in the district participate in this program speaks to our commitment and belief in the program and we are so appreciative of this opportunity. To have two of the most outstanding Wisconsin Olympic athletes come to our district to share their important message is an honor. Their message to push for personal excellence through wellness and lifelong learning is applicable for all of us. Thank you WEA and DPI!”

The event included speeches from Casey FitzRandolph; Suzy Favor Hamilton; Suzanne Zentner, District Administrator for the Whitewater Unified School District; and Fred Evert, Executive Director of the WEA Trust.

Additional information about the Movin’ and Munchin’ program can be found at movinandmunchin.com.