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Nebraska Kids Fitness and Nutrition Day to be Held October 3rd in Hastings

Fourth-grade students from Adams, Clay, Nuckolls and Webster Counties will learn about health and wellness at the 13th Annual Nebraska Kids Fitness & Nutrition Day (NKFND), set for Tuesday, October 3rd, on the Hastings College campus. The day's activities take place from 9 a.m. to 2 p.m. at Lloyd Wilson Field. Approximately 520 students will attend this year's event in Hastings.

Brooke Wolfe, local NKFND coordinator for the South Heartland District Health Department, said that "fourth-graders are a good age to work with because they are beginning to develop lifelong habits that will inevitably affect their behavior in the future. Helping children learn to eat right and be active every day means they have a better shot at being successful both in school and in life."

When the students arrive, they will be divided into two groups, with one group on the Lloyd Wilson Field for physical activities and the second group congregating east of the field to participate in nutrition education activities. The students work in their respective stations and then trade places after a nutritious sack lunch.

The fourteen Physical Activity stations include Step Aerobics, Soccer Shots, and Kick-Boxing. Nutrition stations will teach the youth about energy balance, understanding food labels, how to make healthy snacks, MyPlate, and the importance of food safety and hand-washing.

Wolfe said that the overall purpose of the event is to demonstrate to both students and educators how physical activity and nutrition work together to maintain health. "We know that obesity is not only a national epidemic but also an enormous problem right here in central Nebraska. Our goal is to give the students the tools to enable them to make healthy decisions for themselves - which will hopefully lead to a healthier generation."

Local sponsors and planners of the event are the South Heartland District Health Department, Hastings College, Hastings Family YMCA, and UNL/Adams County Extension Nutrition Education Program. The NKFND program was developed and funded, in part, by the University of Nebraska at Kearney and the Nebraska Beef Council.

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