



Fourth grade students from Chase County Schools were among 427 youth attending the seventh annual Nebraska Kids Fitness & Nutrition Day in McCook last Wednesday.

Fourth grade students in the eight-county Southwest Nebraska Public Health Department (SWNPHD) area learned about healthy choices during the one-day event.

There were six nutrition and sixteen fitness stations at McCook High School, Junior High and YMCA. Students rotated through each station.

Nutrition stations included information on proper hand washing, label reading, my plate food guide, healthy snacks, proper portion sizes and energy balance.

Fitness stations offered an obstacle course, parachute, scooters, stackers, bean bag toss, hurdle hopscotch, jump rope, dance twister, kick boxing, bosu balls, over/under medicine balls, disc Frisbee, chair basketball, bouncy balls, fitness Tic Tac Toe and boot camp.

Nebraska Kids Fitness & Nutrition Day was developed and funded, in part, by the Nebraska Beef Council and the University of Nebraska.

SWNPHD and McCook Public Schools cochaired the event, with the partnership of McCook YMCA, McCook Lettering and McCook Optimist Club.