

## Breaking News: New H1N1 Flu Cases in Wyandotte County



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### Teen Rally Planned for June

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Last Update: 5/01 4:55 pm



OLATHE, Kan. - Get ready to rally for good health among teens. A Kansas teen wellness [“pep” rally](#) is set for June 8 and 9 at the MidAmerica Nazarene University in Olathe.

The goal is to get teenagers excited about eating right. It's a worthy goal when you consider the statistics by the Centers for Disease Control and Prevention.

The CDC estimates less than one percent of U.S. children consume the number of healthful food servings recommended by the federal government, and fewer than half participate in daily physical activity.

Teens everywhere, including here in the heartland, have more options when it comes to meals and how they spend their free time, according

to a news release. Given the multitude of choices available, students often struggle with choosing healthy options. The rally is a workshop sponsored by Kansas Action for Healthy Kids to inspire them to make those healthier lifestyle and food choices.

“By bringing together students from across the state and sharing health and wellness best practices, the learning opportunities are unlimited,” said Tami Larson, Midwest Dairy Council’s Kansas school nutrition program manager, and member of Kansas Action for Healthy Kids. “We are very excited and grateful to host the workshop at no cost to Kansas high schools.”

All high schools in Kansas are invited to send a team of two to four students and an adult sponsor to the PEP Rally. There are no registration or attendance fees to participate in the PEP Rally, as Kansas Action for Healthy Kids secured grants to cover all expenses, including food and overnight lodging in the residence halls at MidAmerica Nazarene University.

Participants will complete a variety of teen-focused, hands-on health and fitness activities designed to keep them active and engaged. Planned activities include a scavenger hunt using hand-held GPS devices, miniature golf and bowling activities, a healthy snack creation challenge, and writing and producing YouTube videos. During the PEP Rally, school sponsors will meet to share ideas and discuss school wellness policies with colleagues, according to a news release.

Kansas native Paul Shirley will serve as guest speaker for the workshop. Shirley participated in high school and college athletics, and also played for 13 pro basketball teams, including the Chicago Bulls. Shirley is now a professional speaker, an author and a writer for ESPN.

“Each school team that attends the PEP Rally is eligible for grant funds for developing and implementing a wellness plan for the 2009-2010 school year,” Larson said. “The wellness plans are another opportunity for students to be more involved in the health and wellness of their schools.”

To attend the [Teen Wellness PEP Rally](#), students must be sophomores, juniors or seniors during the 2009-2010 school year. The workshop is limited to the first 200 participants.

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