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Health walk big success

On May 13 the Vermont Association of Health, Physical Education Recreation and Dance (VtAHPERD), in conjunction with the Vermont Department of Health, hosted the 10th Annual Intergenerational Walk for Wellness in Montpelier. The purpose of the walk is to celebrate living a healthy and active lifestyle and to advocate fitness for life.

Over 500 people of all ages participated in the walk, including 476 elementary and middle school students from seven Vermont schools. The program included several guest speakers: Chris Knudsen, General Manager of the Lake Monsters, Chris Finely, Deputy Commissioner of Health, and Janet Franz, Chairwoman of the Governor's Council on Physical Fitness and Sports. Even CHAMP came down to welcome walk participants!

An awards ceremony took place where winners of the Fit and Healthy Kids Winter Challenge and Vermont's Action for Healthy Kids School Wellness Awards were celebrated. After participants completed either a one or three-mile walk or a two-mile hike through Hubbard Park, entertainment was provided by Barre Town School.

Many thanks to those who made this event a very successful one.
