



Contacts:

James Martinez

Office: (312) 670-6782 Ext. 325

Cell: (773) 339-4533

La'Keisha Gray-Sewell

Office: (312) 670-6782 Ext. 321

Cell: (312) 623-4560

## **National PTA Launches Healthy Lifestyles Month**

### ***Parents take healthy initiatives for Healthy Lifestyles Month, November***

**CHICAGO (November 4, 2009)** – As statistics show that more children today are suffering from obesity and developing diabetes than ever before, PTAs nationwide are making a difference to improve child health, nutrition and physical fitness through family engagement. Parents are getting more creative and developing clever initiatives that make eating and living healthy fun in spirit of National PTA's Healthy Lifestyles Month.

In celebration of Healthy Lifestyles Month, this year PTA is proud to announce the unveiling of the Healthy Lifestyles grant recipients on November 9<sup>th</sup> in a fun-filled, fruitful fashion with plenty of surprises in store for National PTA. So stay tuned in for the exciting news waiting to be revealed!

Throughout the month of November, PTAs nationwide participate in PTA Healthy Lifestyles Month through activities they have planned to: promote health and wellness through parent involvement in their schools; emphasize the link between involvement and student achievement; and further PTA's mission.

"Every year during Healthy Lifestyles Month, we are seeing new and original ideas created by parents in efforts to prevent childhood obesity by teaching their children how important it is to start living a healthy lifestyle now." said Charles J. "Chuck" Saylor, National PTA President. "We're proud to see parents at the grassroots level helping out schools and other parents remember that a healthy child is more likely to succeed."

Knowing that a healthy child can achieve and learn more, PTAs are encouraging families to increase their physical activity and learn to eat healthier year round by cultivating gardens for communities to grow produce, introducing new fruits and vegetables to children weekly, compiling healthy recipe books with recipe contributions from their school community, developing intramural sports programs for youth, and strengthening school wellness policies.

### **About National PTA**

National PTA comprises millions of families, students, teachers, administrators, and business and community leaders devoted to the educational success of children and the promotion of parent involvement in schools. PTA is a registered 501(c)(3) nonprofit association that prides

itself on being a powerful voice for all children, a relevant resource for families and communities, and a strong advocate for public education. Membership in PTA is open to anyone who wants to be involved and make a difference for the education, health, and welfare of children and youth.