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## Statewide Search for Kids Getting Fit

*2008 Fit Kid will be spokesperson for fitness initiative*

Austin, Texas— Today Texas Round-Up searches for a spokesperson for the 5<sup>th</sup> annual Texas Round-Up 10K-5K-Family Mile race and fitness festival in April 2008. Texas Round-Up's Fit Kid challenge will showcase a child who has made positive changes in his or her diet and activity regime. The contest is designed to serve as an incentive to motivate Texas youth to make healthy living a priority.

The U.S. Department of Health and Human Services reports that risk factors for heart disease, such as high cholesterol and high blood pressure, occur with increased frequency in overweight children, as compared with healthy weight children. The most immediate consequence of obesity is reported by children to be social discrimination. The U.S. Surgeon General reported that 70 percent of overweight children will become overweight or obese adults.

“If we do not work to reverse the growing trend in childhood obesity, we are in danger of outliving our own children,” said Meredith Garcia, executive director of Texas Round-Up. “For the future health of our State, we want to focus on preventing and correcting obesity in our children and giving them the tools they need to be happy, healthy and successful.”

All children who have made healthy improvements are invited to enter the contest. In addition to being a Texas Round-Up spokesperson, the Fit Kid and his or her guardians will receive a VIP weekend to attend and participate in the 5<sup>th</sup> annual Texas Round-Up 10K, 5K and Family Mile run/walk on April 26, 2008. Entries should include a short essay or personal story describing health obstacles and accomplishments. Deadline to enter is February 28, 2008. Complete contest rules and offerings are available at [www.texasroundup.org](http://www.texasroundup.org).

### **Kid Chef contest seeking nutritious recipes**

Also aimed at improving the health of Texas youth is the Texas Round-Up Kid Chef contest, seeking kids' favorite healthy recipes. Selected recipes will be compiled and made available online as well as at Texas Round-Up events. Winning authors will receive free entry into a Texas Round-Up fitness event of their choice across the state.

In 2004, Governor Rick Perry launched the Texas Round-Up statewide fitness initiative and 10K race to motivate and encourage Texans to become more active and incorporate healthy choices into their daily lives. More than three years later the Texas Round-Up is an independent not-for-profit organization working to improve the health of Texas through education and promotion of physical activity and healthy living.

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